

MO	DI	MI	DO	FR	SA	SO
9.00 - 10.00 MORNING FLOW 		8.00 - 9.00 MORNING FLOW		9.00 - 10.00 MINDFUL FLOW 		
10.30 - 11.30 MINDFUL PREGNANCY SCHWANGERENYOGA 	10.00 - 11.00 BACK TO STRENGTH 2 RÜCKBILDUNGSYOGA	10.00 - 11.00 BACK TO STRENGTH 1 RÜCKBILDUNGSYOGA	10.00 - 11.00 BACK TO STRENGTH 1 RÜCKBILDUNGSYOGA	10.30 - 11.30 BACK TO STRENGTH 1 RÜCKBILDUNGSYOGA	10.00 - 11.15 INTENSE FLOW	10.30 - 11.45 YIN YOGA 
		12.00 - 12.45 LUNCH FLOW				12.15 - 13.30 SUNDAY FLOW
18.30 - 19.30 BASIC FLOW	18.15 - 19.30 ENERGETIC FLOW	18.15 - 19.30 MINDFUL PREGNANCY SCHWANGERENYOGA 	18.00 - 19.00 BASIC FLOW	17.30 - 18.45 YIN FLOW 		NEU 17.30 - 18.45 ENERGETIC + YIN
20.00 - 21.15 INTENSE FLOW 	20.00 - 21.15 MINDFUL FLOW	20.00 - 21.15 YIN YOGA 	19.30 - 20.45 ENERGETIC FLOW			

 HYBRIDKLASSE (AUCH ONLINE)