

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7:00 – 8:00 Early Bird (Alle)	6:30 – 7:30 Early Bird (Alle)				
9:00 – 10:15 Vinyasa (Alle)			9:00 – 10:15 Good Morning Yoga (Alle)	9:15 – 10:30 Vinyasa 1	9:30 – 10:45 Yoga Basic (Alle)	9:45 – 10:45 Pranayama/ Meditation (Alle)
					11:00 – 12:30 Vinyasa (Alle)	11:00 – 12:30 Vinyasa (Alle)
17:00 – 18:15 Vinyasa 1	16:45 – 18:00 Yin/Yang Yoga (Alle)	17:00 – 18:15 Absolute Beginner	17:15 – 18:15 Spiritual Warrior 1 - 2 Jivamukti		17:30 – 19:00 Deep Release (Alle)	
18:30 – 20:00 Vinyasa 1 - 2	18:15 – 19:45 Gentle Yoga (Alle)	18:30 – 19:45 Vinyasa 1	18:30 – 20:00 Vinyasa 1 - 2	18:00 – 19:30 Vinyasa 1 - 2		18:00 – 19:30 Easy Sunday (Alle)
20:15 – 21:30 Yoga Basic (Alle)	20:00 – 21:30 Vinyasa 2	20:00 – 21:30 Yin Yoga/Meditation (Alle)	20:15 – 21:30 Beginner nur mit Anmeldung!	19:45 – 21:15 Yin/Yang Yoga (Alle)		