

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:30 - 9:30 RISE & SHINE YOGA Regina	8:30 - 9:45 MORGENYOGA Ines	08:00 - 09:00 BODYART STRETCH Ulli	08:00 - 09:15 DEEPWORK Ulli	7:00 - 8:00 EARLY BIRD YOGA Regina
10:00 - 11:30 EINFACH YOGA Karin W.	10:00 - 11:15 YOGA BASIC Ines	09:30 - 10:30 SCHWANGERSCHAFTSYOGA Philippa	10:00 - 11:15 YOGA BASIC Sandra/ Pia	8:30 - 9:45 MORGENYOGA 2x im Monat mit Ines
12:15 - 13:00 DEEPWORK XPRESS Ulli		11:00 - 12:00 MAMA & BABY YOGA Philippa		10:30 - 11:30 NIA Monika
	13:00 - 14:00 YOGA 60+ Tanja	12:30 - 13:45 QI GONG Monika		11:45-12:45 YOGAFLOW Monika
14:15 - 15:15 KINDERYOGA 4-6J Sandra M..	15:00 - 15:45 MINIDANCE 3-5J Kreadance			
15:30- 16:30 KINDERYOGA 6-10J Sandra M..	15:50 - 16:35 MINIBALLET 5-7J Kreadance	17:00 - 18:15 YOGA FLOW Denise		
17:15 - 18:45 ANFÄNGER YOGA Gerda	17:00 - 18:30 FIT & GESUND Susi	18:30 - 19:45 ACHTSAMES FLOW- YOGA Helene	17:30 - 18:30 BODYART Ulli	Workshops & Specials GONGBAD EISBADEN MANTRA ABEND SIEHE WEBSITE- KALENDER
19:00 - 20:15 ABENDYOGA Ines	19:00 - 20:15 DEEPWORK Ulli	20:00 - 21:15 VINYASA YOGA SOMATIC Elisabeth	19:00 - 20:15 YIN YOGA Ines	

SA & SO: YOGASPECIALS | RETREATS | WORKSHOPS | SEMINARE | AUSBILDUNGEN