

| MONTAG                                                                     | DIENSTAG                                         | MITTWOCH                                                 | DONNERSTAG                                            | FREITAG                                                                                                  |
|----------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 8:15 - 9:15<br><b>KRAFTTRAINING<br/>FRAUEN &amp; MAMAS (TO BE)</b><br>Lena | 8:30 - 9:45<br><b>MORGENYOGA</b><br>Ines         | 08:00 - 09:00<br><b>BODYART STRETCH</b><br>Ulli          | 08:00 - 09:15<br><b>DEEPWORK</b><br>Ulli              | 7:00 - 8:00<br><b>EARLY BIRD YOGA</b><br>Regina                                                          |
| 10:00 - 11:30<br><b>EINFACH YOGA</b><br>Karin W.                           | 10:00 - 11:15<br><b>YOGA BASIC</b><br>Ines       | 09:30 - 10:30<br><b>SCHWANGERSCHAFTSYOGA</b><br>Philippa | 10:00 - 11:15<br><b>YOGA BASIC</b><br>Pia             | 8:30 - 9:45<br><b>MORGENYOGA</b><br>2x im Monat mit Ines                                                 |
| 12:15 - 13:00<br><b>DEEPWORK XPRESS</b><br>Ulli                            |                                                  | 11:00 - 12:00<br><b>MAMA &amp; BABY YOGA</b><br>Philippa |                                                       | 10:00 - 11:00<br><b>NIA</b><br>Monika                                                                    |
|                                                                            | 13:00 - 14:00<br><b>YOGA 60+</b><br>Tanja        |                                                          | 14:40 - 15:25<br><b>MINIDANCE 3-5J</b><br>Kreadance   | 11:15-12:15<br><b>QI GONG</b><br>Monika                                                                  |
| 15:00- 15:50<br><b>KINDERYOGA 4-6</b><br>Sandra M../ Ines R.               |                                                  |                                                          | 15:30 - 16:20<br><b>MINIBALLETT 4-6J</b><br>Kreadance |                                                                                                          |
| 16:00- 16:50<br><b>KINDERYOGA 7-10J</b><br>Sandra M../ Ines R.             |                                                  |                                                          | 16:30 - 17:15<br><b>BALLETT 7-10J</b><br>Kreadance    |                                                                                                          |
| 17:15 - 18:45<br><b>ANFÄNGER YOGA</b><br>Gerda                             | 17:00 - 18:30<br><b>FIT &amp; GESUND</b><br>Susi | 17:45 - 18:45<br><b>VINYASA FLOW</b><br>Ines R.          | 17:30 - 18:30<br><b>BODYART</b><br>Ulli               | <b>Workshops &amp;<br/>Specials</b><br>GONGBAD<br>EISBADEN<br>MANTRA ABEND<br>SIEHE WEBSITE-<br>KALENDER |
| 19:00 - 20:15<br><b>ABENDYOGA</b><br>Ines                                  | 19:00 - 20:15<br><b>DEEPWORK</b><br>Ulli         | 19:00 - 20:15<br><b>ACHTSAMES FLOW- YOGA</b><br>Helene   | 19:00 - 20:15<br><b>YIN YOGA</b><br>Ines              |                                                                                                          |

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