



Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	KR groß	KR klein	KR groß	KR klein	KR groß	KR klein	KR groß	KR klein	KR groß	KR klein	KR groß	KR klein	KR groß	KR klein
12:00	09:00-10:00 Rücken yoga ●●● 🔥🔥		09:00-10:15 AOK Gruppe		8:30-9:30 Morning Flow ●●● 🔥🔥🔥 09:45-10:45 Deep Rest Yin ●●● 🔥🔥🔥 h		10:00-11:00 How to Yoga ●●● 🔥🔥							10:00-11:30 Magic Sunday ●●● 🔥🔥
18:00	17:30-18:45 Evening Flow ●●● 🔥🔥 19:00-20:00 Deep Rest Yin ●●● 🔥🔥 20:15-21:00 Sound Healing	18:00-19:00 How to Pilates ●●● 🔥🔥 19:15-20:30 Hatha Soft & Slow ●●● 🔥🔥	17:45-18:45 Slow Flow ●●● 🔥🔥 h 19:00-20:00 Yin & Yang ●●● 🔥🔥 20:15-21:30 Kundalini ●●● 🔥🔥 h	17:00-18:15 AOK Gruppe	17:45-18:45 How to Fly Aerial ●●● 🔥🔥 19:00-20:00 Flow & Fly Aerial ●●● 🔥🔥 20:15-21:15 Männer-runde ●●● 🔥🔥	16:30-17:30 Mummy to be (Prä) ●●● 🔥🔥 h 19:00-20:00 How to Yoga ●●● 🔥🔥	17:30-18:15 Sound Healing 18:45-20:00 Peak Pose Flow ●●● 🔥🔥	17:30-18:30 How to Yoga ●●● 🔥🔥 18:45-19:45 Pilates ●●● 🔥🔥 20:00-21:15 Hatha & Klang ●●● 🔥🔥	16:30-17:30 Happy Weekend Flow ●●● 🔥🔥	16:30-17:30 Kids Yoga 3-7 Jahre 5 Termine 18:00-19:00 Kids Yoga 8-11 Jahre 5 Termine	samstags findest du regelmäßig Yogaworkshops und Events bei uns		Kids Yoga in Kursblöcken mit 6 Terminen	