

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:30 - 9:30 <b>YOGALATES</b> Helga	8:30 - 9:45 <b>MORGENYOGA</b> Ines	08:00 - 09:15 <b>HATHA YOGA</b> Saraswati	08:00 - 09:15 <b>DEEPWORK</b> Ulli	7:00 - 8:00 <b>EARLY BIRD YOGA</b> Regina
10:00 - 11:30 <b>EINFACH YOGA</b> Karin W.	10:00 - 11:15 <b>YOGA BASIC</b> Ines	9:30 - 10:30 <b>MOMMYLICIOUS DANCE</b> Ludi	10:00 - 11:15 <b>YOGA BASIC</b> Sandra/ Pia	8:30 - 9:45 <b>MORGENYOGA</b> 2x/Monat mit Ines
12:15 - 13:00 <b>DEEPWORK XPRESS</b> Ulli	11:30 - 12:30 <b>MAMA &amp; BABY YOGA</b> Helga	11:00 - 12:30 /14:30 <b>QI GONG</b> 2x im Monat mit Elisabeth	11:30 - 12:30 <b>QI YOGA</b> Monika	10:00 - 11:15 <b>YOGA BASIC</b> 2x/ Monat mit Ines
13:30 - 14:30 <b>QI YOGA</b> Monika	14:40 - 15:25 <b>MINIDANCE 3-5J</b> Kreadance		12:45 - 13:45 <b>NIA SANFT</b> Monika	
	15:35 - 16:20 <b>MINIBALLET 5-7J</b> Kreadance		14:30 - 15:45 <b>SCHWANGERENYOGA</b> Eva	
16:00 - 17:00 <b>KINDERYOGA (6-10J)</b> Helga	16:30 - 17:20 <b>HIPHOP1 6-9J</b> Kreadance	17:00 - 18:15 <b>YOGA FLOW</b> Denise	16:00 - 17:15 <b>YOUTH MOBILITY 12-18J</b> Ulli	
17:15 - 18:45 <b>ANFÄNGER YOGA</b> Gerda	17:45 - 18:45 <b>NIA</b> Monika	18:30 - 19:45 <b>ACHTSAMES FLOW- YOGA</b> Helene *GESCHLOSSEN*	17:30 - 18:30 <b>BODYART</b> Ulli	<b>Workshops &amp; Specials</b> GONGBAD EISBADEN MANTRA ABEND SIEHE WEBSITE- KALENDER
19:00 - 20:15 <b>ABENDYOGA</b> Ines	19:00 - 20:15 <b>DEEPWORK</b> Ulli	20:00 - 21:00 <b>YOGA DEEP RELAX</b> Regina	19:00 - 20:15 <b>YIN YOGA</b> Ines	

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