

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
Raum I	Raum II	Raum I	Raum II	Raum I	Raum II	Raum I	Raum II	Raum I	Raum II
Body & Mind (Sonja) 9.00-10.15		Hatha Yoga (Ines) 9.00-10.30	Hatha Yoga für Schwangere (Simone) 9.00-10.30	Hatha Yoga (Ines) 9.00-10.30	Body & Mind (Sonja) 9.00-10.15	Hatha Yoga (Ines) 9.00-10.30		Hatha Yoga (Ines) 8.30-10.00	
Qi Gong (Ines) 16.30-17.30						Yogilates (Sonja) 16.00-17.00			
Body & Mind (Sonja) 17.00-18.00	Yoga Kids (Christine) 16.30-17.30	Yogilates (Sonja) 16.00-17.00	Fit Camp outdoor (Sonja) 20.00-21.00	Qi Gong (Ines) 16.30-17.30	Fit Camp outdoor (Sonja) 18.00-19.00	Fit Camp outdoor (Sonja) 19.00-20.00	Yoga Rücken (Regina) 17.00-18.15		
Body & Mind (Sonja) 18.30-19.45	Hatha Yoga (Ines) 18.00-19.30	Body & Mind (Sonja) 18.00-19.15	Ashtanga Yoga (Simone) 18.00-19.30	Hatha Yoga (Ines) 18.00-19.30	Hatha Yoga für Schwangere (Simone) 18.00-19.30	Pure Yoga (Walter) 18.00-19.30	Yang Sheng- Qigong (Regina) 18.30-19.30	The heart of yoga (Walter) 19.00-20.30	
Yoga für Männer (Ines) 20.00-21.30	Body & Mind (Sonja) 20.15-21.30	Hatha Yoga (Ines) 20.00-21.30 Uhr	Hatha Yoga (Simone) 20.00-21.30	Hatha Yoga (Simone) 20.00-21.30	Body & Mind (Sonja) 20.00-21.15	TriYoga Flows (Andrea) 20.00-21.30	Hormon-Yoga (Regina) 19.45-20.45		

Raum I = großer Raum Raum II = kleiner Raum

Bitte informieren Sie sich im Vorfeld, ob der gewünschte Kurs stattfindet.