

Stundenplan

Montag

09.00-10.00h	Gentle Hatha Yoga F/O	Harriet
14.30-15.30h	Stuhl Yoga	Harriet
17.00-18.00h	Rückbildung	Eva
19.00-20.30h	Ashtanga Inspired Flow F/O	Sabine

Dienstag

08.30-09.30h	Achtsamkeitserlebnis Waldhotel	Harriet
18.00-19.00h	Yoga	Beat

Mittwoch

10.00-11.00h	Senioren Yoga	Harriet
17.30-19.00h	Hatha Yoga F/O	Harriet
19.30-21.00h	Yin Yoga	Harriet

Donnerstag

17.15-18.15h	Prenatal Yoga	Eva
19.00-20.00h	Vinyasa Flow F/O	Sabine

Freitag

09.00-10.30h	Gentle Hatha Yoga F/O	Harriet
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Sonntag 1x in Monat

18.30-20.00h	Vinyasa Flow F/O	Sabine
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