

## Stundenplan

### Montag

09.00-10.30h	Gentle Hatha Yoga	Harriet
14.45-15.45h	Stuhl Yoga	Harriet
16.30-17.30h	Rückbildung	Eva/Martina
19.00-20.30h	Ashtanga Inspired Flow F/O	Sabine

### Dienstag

09.00-10.30h	Vinyasa Flow F/O	Sabine
17.30-19.00h	Hatha Yoga	Harriet

### Mittwoch

09.00-10.30h	Gentle Hatha Yoga	Harriet
17.30-19.00h	Hatha Yoga	Harriet
19.30-21.00h	Yin Yoga	Harriet

### Donnerstag

17.00-18.00h	Prenatal Yoga	Eva/Martina
19.00-20.00h	Vinyasa Flow F/O	Sabine

### Freitag

09.00-10.30h	Gentle Hatha Yoga	Harriet
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### Sonntag

18.30-19.30h	Vinyasa Flow F/O	Sabine
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