



MONTAG

12.00 – 13.00	Lunch Yoga	Evelyn	3.0G
14.00 – 15.30	Hatha Yoga (sanft)	Evelyn	3.0G
17.30 – 19.00	Hatha Yoga	Evelyn	3.0G
19.30 – 21.00	Hatha Yoga	Evelyn	3.0G

DIENSTAG

06.30 – 07.45	Hatha Yoga	Evelyn	3.0G
09.00 – 10.30	Hatha Yoga	Evelyn	3.0G
18.00 – 19.30	Hatha Yoga	Evelyn	3.0G

MITTWOCH

18.00 – 19.15	Hatha Yoga	Tanja	3.0G
19.30 – 21.00	Hatha Yoga	Tanja	3.0G

DONNERSTAG

06.30 – 07.45	Hatha Yoga	Evelyn	3.0G
09.00 – 10.30	Hatha Yoga	Evelyn	3.0G
12.00 – 13.00	Yoga Rücken	Evelyn	3.0G
17.30 – 19.00	Hatha Yoga	Evelyn	3.0G
19.30 – 21.00	Hatha Yoga	Evelyn	3.0G

FREITAG

17.00 – 18.00*	Pranayama/Meditation*	Evelyn	3.0G NEU!
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SAMSTAG

09.00 – 11.00	Yoga intensiv	Team	3.0G
(Daten auf Homepage)	Yin Yoga & Klang	Andrea + Evelyn	3.0G

*diese Lektion findet von Oktober bis April statt

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