

Kursplan - **Anmeldung erforderlich!**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		Yoga Gold (Senioren) 08:45 - 10:15		Hatha Yoga 09:00 - 10:30		
		Hatha Yoga 10:30 - 12:00				
		Kinder Yoga 15:30 – 16:15				
		Teen Yoga 16:30 – 17:15				
Hatha Yoga 16:00 - 17:30						
Hatha Yoga 17:45 - 19:15	Hatha Yoga 17:45 - 19:15	Hatha Yoga 17:45 - 19:15	Hatha Yoga 17:45 - 19:15			
Hatha Yoga 19:30 - 21:00	Hatha Yoga 19:30 - 21:00	Hatha Yoga 19:30 - 21:00	Hatha Yoga 19:30 - 21:00			