



Kursplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00 - 08:30							
08:30 - 09:00							
09:00 - 09:30			Yoga-Gold		Hatha Yoga		
09:30 - 10:00		Hatha Yoga	09:00 – 10:00		09:00 – 10:30		
10:00 - 10:30		09:30 – 11:00					
10:30 - 11:00			Hatha Yoga				
11:00 - 11:30			10:30 – 12:00				
11:30 - 12:00							
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00							
14:00 - 14:30							
14:30 - 15:00					Kinder-Teenie		
15:00 - 15:30					Yoga 14:30-15:30		
15:30 - 16:00							
16:00 - 16:30				KinderYoga			
16:30 - 17:00				16:00 – 17:00			
17:00 - 17:30							
17:30 - 18:00					Familien-Yoga		
18:00 - 18:30	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	17:30 – 19:00		
18:30 - 19:00	17:45 – 19:15	17:45 – 19:15	17:45 – 19:15	17:45 – 19:15			
19:00 - 19:30							
19:30 - 20:00							
20:00 - 20:30	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga			
20:30 - 21:00	19:30 – 21:00	19:30 – 21:00	19:30 – 21:00	19:30 – 21:00			
21:00 - 21:30							