

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	9:15 - 10:30 MORNING FLOW 75Min	9:15 - 10:30 MORNING FLOW 75Min	9:15 - 10:30 MORNING FLOW 75Min	9:15 - 10:30 MORNING FLOW 75Min	10:00 - 11:30 VINYASA FLOW 90Min	10:00 - 11:30 VINYASA FLOW 90Min
12:00 - 13:00 LUNCH FLOW 60Min	12:00 - 13:00 LUNCH FLOW 60Min	12:00 - 13:00 LUNCH FLOW 60Min	12:00 - 13:00 LUNCH FLOW 60Min	12:00 - 13:00 LUNCH FLOW 60Min	12:00 - 13:15 VINYASA FLOW 75Min	
18:00 - 19:15 VINYASA FLOW 75Min	18:00 - 19:15 VINYASA FLOW 75Min	18:00 - 19:15 GENTLE YOGA 75Min	17:30 - 18:45 VINYASA FLOW 75Min	17:30 - 19:00 VINYASA FLOW 75Min		
19:30 - 20:45 GENTLE YOGA 75Min	19:30 - 21:00 VINYASA FLOW 90Min	19:30 - 20:45 VINYASA FLOW 75Min	19:15 - 20:45 VINYASA FLOW 90Min	19:15 - 20:45 FRIDAY SPECIAL* 90Min		18:00 - 19:30 GENTLE YOGA 90Min

* bitte online prüfen ob Kurs stattfindet