



Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	MORGEN-PRAXIS ** 6:55 - 7:10 Sandra HYBRID	KUNDALINI YOGA ** 7:15 - 8:30 Sandra HYBRID	VINYASA YOGA ** 9:30 - 10:30 Pauline	AERIAL YOGA ** 7:00 - 8:15 Sandra	PILATES ALLEGRO 7:00 - 8:00 Sandra	HATHA YOGA ** 9:30 - 10:30 Sandra ONLINE	
	HATHA YOGA ** 7:30 - 8:15 Sandra HYBRID				PILATES ALLEGRO 8:00 - 9:00 Sandra		
	PILATES ALLEGRO 8:45 - 9:45 Sandra				VINYASA FLOW ** 9:15 - 10:30 Kathy ONLINE		
	YOGA & MEDITATION ** 16:00 - 17:15 Aleksandra ONLINE	AERIAL YOGA ** 17:00 - 18:15 Kathy			AERIAL YOGA ** 15:30 - 16:45 Nadine		
	AERIAL YOGA MINDFUL ** 17:00 - 18:15 Angela	YIN YOGA ** 17:30 - 18:45 Aleksandra ONLINE	YOGAPILATES ** 17:30 - 18:45 Sabrina ONLINE	PRANAYAMA FLOW ** 17:30 - 18:45 Marc ONLINE			YOGA & MEDITATION ** 18:00 - 19:15 Nadine ONLINE
		AERIAL YOGA ** 18:30 - 19:45 Kathy	HATHA YOGA ** 18:00 - 19:15 Olga				
	YOGA & MEDITATION ** 18:45 - 20:00 Angela	YOGA FÜR RÜCKEN & SCHULTERN ** 19:00 - 20:15 Aleksandra ONLINE	HATHA & MEDITATION ** 19:30 - 20:45 Olga	VINYASA YOGA ** 18:30 - 19:45 Pauline			

* Zeitlos Flatrate + 10er Karte * Yoga Flatrate * Aerial/ Sling Flatrate

Workshops & Specials

20.03. HATHA YOGA 18:00 - 19:15 8x mittwochs Olga

25.03. HATHA YOGA 7:30 - 8:30 8x montags Sandra

25.03. YOGA & MEDITATION 18:45 - 20:00 8x montags Angela

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