

# Termine:

www.vinyaloft.de  
0421 / 222 93 144

Vinya Loft | Yogastudio

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:00 - 10:30 Level 1-2 (Mathias)		06:30 - 07:45 Early Bird (Jennifer)	08:00 - 09:30 Level 2 - 3 (Jennifer)		
10:00 - 11:30 Level 2 (Jennifer)	09:30 - 10:45 Prenatal Yoga (Agnes)	09:00 - 10:30 Level 2 (Berti)	10:00 - 11:30 Level 1 - 2 (Inka)	09:00 - 10:30 Level 1 - 2 (Pia P.)	09:00 - 10:00 Yoga Break (New Teachers)	10:00 - 11:30 Level 2 (New Teachers)
10:30 - 11:45 Rückbildung (Birgit)	11:15 - 12:30 Mami & Me (Nicole)		10:00 - 11:30 Sweet Sixties (Sigrid)	10:00 - 11:15 Rückbildung (Friederike)	10:00 - 11:30 Level 2 (Susanne)	11:00 - 12:30 Level 1 - 2 (Clara)
	12:30 - 13:30 Yoga Break (Berti)		12:30 - 13:30 Yoga Break (Inka)			
16:30 - 18:00 Yin Yoga (Eva)		16:30 - 18:00 Yin Yoga (Antje)	16:45 - 18:00 Yoga 4 Teens (Berti)			
17:15 - 18:30 Prenatal Yoga (Jennifer)	17:00 - 18:30 Level 1 (Christiane)	17:00 - 18:00 Yoga Break (New Teachers)	17:15 - 18:45 Rückenfokus (Clara)	16:30 - 18:00 Level 2 (Berti)	16:30 - 18:00 Level 1 - 2 (Antje)	
17:30 - 19:00 Level 2 (Clara)	18:15 - 19:45 Level 1 - 2 (Jennifer)	17:30 - 19:00 Level 2 (Clara)	17:30 - 19:00 Level 1-2 (Andrea)	18:30 - 20:00 Level 1 - 2 (Sigrid)		17:00 - 18:30 Yin Yoga (Kirsten)
18:15 - 19:30 Kurven Yoga (Eva)	18:45 - 20:00 Kundalini Yoga (Marja)	18:15 - 19:45 Rückenfokus (Pia D.)	18:15 - 19:30 Prenatal Yoga (Berti)			18:00 - 19:30 Moonlight (Mathias)
19:00 - 20:30 Level 2 - 3 (Jennifer)	19:00 - 20:30 Level 2 (Christiane)	19:15 - 20:45 Level 1 (Clara)	19:00 - 20:30 Level 2 (Clara)			
19:30 - 21:00 Rückenfokus (Clara)	20:00 - 21:30 Yin Yoga (Jennifer)	20:00 - 21:30 Moonlight (Mathias)	19:30 - 21:00 Level 1 (Andrea)			

gültig ab: 01.10.2018