

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00–11:30 Level 2	09:00–10:30 Level 1–2	06:00–08:30 Sadhana	06:30–07:45 Early Bird	08:00–09:30 Level 2–3		
10:30–11:45 Rübi	09:30–10:45 Prenatal	08:30–09:15 Meditation	10:00–11:30 Level 1–2	09:00–10:30 Level 1–2	09:00–10:00 Yoga Break	10:00–11:00 Yoga Break
	11:15–12:30 Mami & Me	09:15–10:15 Yoga Break	10:00–11:30 Sweet 60's	10:00–11:15 Rübi	10:00–11:30 Level 2	11:00–11:45 Meditation
	12:30–13:30 Yoga Break		12:30–13:30 Yoga Break			11:00–12:30 Level 1–2
16:15–17:15 Yoga Break						
16:30–18:00 Yin Yoga	16:15–17:45 Yoga Break	16:30–18:00 Yin Yoga	16:45–18:00 Yoga 4 Teens	16:30–18:00 Level 2	16:30–18:00 Level 1–2	
17:15–18:30 Prenatal	17:00–18:30 Level 1	17:00–18:00 Yoga Break	17:15–18:45 Rückenfokus	18:30–20:00 Level 1–2		17:00–18:30 Yin Yoga
17:30–19:00 Level 2	18:15–19:45 Level 1–2	17:30–19:00 Level 2	17:30–19:00 Level 1–2			18:00–19:30 Moonlight
18:15–19:30 Kurven Yoga	18:45–20:00 Kundalini Yoga	18:15–19:45 Rückenfokus	18:15–19:30 Prenatal			
19:00–20:30 Level 1–2	19:00–20:30 Level 2	19:15–20:45 Level 1	19:00–20:30 Level 2			
19:30–21:00 Rückenfokus	20:00–21:30 Yin Yoga	20:00–21:30 Moonlight	19:30–21:00 Level 1			
20:30–21:15 Yoga Nidra	20:00–20:45 Meditation					
Gültig ab 01.03.2019				Änderungen vorbehalten		



VINYA LOFT

YOGASTUDIO

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