

| 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 |
| | 10:45–12:15 Sweet 60's | 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 |
| | 11:15–12:30 Mami & Me | | 12:30–13:30 Yoga Break | | | 11:00–12:30 Level 1–2 |
| 16:15–17:15 Yoga Break | 12:30–13:30 Yoga Break | | | | | |
| 16:30–18:00 Yin Yoga | 16:45–17:45 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



YOGASTUDIO

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