

stundenplan

montag	9:30 - 10:45	morning flow	patricia
	12:15 - 13:30	lunch flow	katrin
	17:00 - 18:15	yin yoga	anania
	17:30 - 19:00	vinyasa flow	alex (katrin)
	18:30 - 20:00	long & strong	andrea
	19:15 - 20:30	vinyasa flow	sibylle h.
dienstag	9:00 - 10:15	morning flow	daniela
	9:00 - 10:00	soft & slow 60+	laura
	12:15 - 13:30	lunch flow	laura
	17:30 - 18:45	vinyasa flow	helen
	18:00 - 19:15	vinyasa flow	nicole
	19:00 - 20:30	hatha flow & meditation	daniela
	19:30 - 21:00	hatha flow	andrea
mittwoch	9:00 - 10:15	morning flow	alex (laura)
	12:15 - 13:30	lunch flow	wiebke
	17:30 - 18:45	community class (donation)	eva
	18:00 - 19:15	hatha basics	wiebke
	19:00 - 20:30	vinyasa flow	alex (nicole)
	19:30 - 20:45	yin yoga	eva & andreas
donnerstag	9:30 - 10:45	morning flow	nicole
	12:15 - 13:30	lunch flow	katrin
	14:00 - 15:00	gentle yoga	nicole
	17:30 - 18:45	vinyasa flow	alex (nicole)
	18:00 - 19:15	hatha flow	katrin
	19:00 - 20:30	hatha flow	laura
freitag	9:00 - 10:15	morning flow	daniela
	10:20 - 10:50	meditation (donation)	daniela
	12:15 - 13:15	gentle yoga	daniela
	12:15 - 13:30	lunch flow	sibylle h.
	15:30 - 16:45	hatha flow & yoga nidra (ab 17.03.)	regi
	17:30 - 18:45	weekend flow	helen
samstag	10:00 - 11:30	vinyasa flow	alex (laura)
	10:30 - 11:45	vinyasa flow	team
	12:00 - 13:15	long & strong	tim
sonntag	17:00 - 18:15	lazy sunday	team