

stundenplan

montag	9:30 - 10:45	morning flow	patricia
	12:15 - 13:30	lunch flow	nicole
	17:00 - 18:15	vinyasa flow	helen
	17:30 - 18:45	yin yoga	anania
	18:30 - 20:00	vinyasa flow	nicole
	19:00 - 20:15	gentle yoga	team
dienstag	9:15 - 10:15	soft & slow 60+	laura
	12:15 - 13:30	lunch flow	laura
	17:30 - 18:45	yin yang flow	eva
	18:00 - 19:15	hatha flow	nicole
	19:00 - 20:30	vinyasa flow	sibylle h.
	19:30 - 21:00	hatha flow	andrea
mittwoch	9:00 - 10:15	morning flow	alex
	12:15 - 13:30	lunch flow	wiebke
	17:30 - 18:45	vinyasa flow	helen
	18:00 - 19:15	hatha basics	wiebke
	19:00 - 20:30	hatha flow	alex
	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	hatha flow	katrin
	18:00 - 19:15	vinyasa flow	alex
	19:00 - 20:15	calming down	katrin
freitag	9:00 - 10:15	morning flow	nicole
	12:15 - 13:15	gentle yoga	alex
	12:15 - 13:30	lunch flow	sibylle h.
	16:30 - 17:45	hatha yoga	regi
	17:30 - 18:45	weekend flow	helen
samstag	10:00 - 11:30	vinyasa flow	alex
	10:30 - 11:45	hatha flow	laura
	12:00 - 13:15	long & strong	tim
sonntag	17:00 - 18:15	lazy sunday	team
	17:00 - 18:15	restorative sunday	team (bis Ende März)