

KURSPLAN | Studio Yin

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9:00 – 11:30 Belegt		Feldenkrais 9:00 – 10:00 Martina	Yoga 9:00 – 10:30 Marjorie	Yoga 8:00 – 9:30 Christina
				Yoga für Einsteiger 9:45 – 11:15 Christina
Yoga 17:15 – 18:45 Sarah	Yoga 17:30 – 19:00 Marjorie	Yoga 18:15 – 19:55 Christina	Flow Yoga 18:00 – 19:15 Marjorie	Yoga 19:30 – 21:00 Christina
Yoga 19:15 – 20:45 Sarah	Yoga 19:30 – 21:00 Christina	Pilates 20:00 – 21:00 Melanie		