

KURSPLAN | Studio Yin

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Body Fit ° 9:00 – 10:15 Gabi		Vinyasa Flow Yoga 9:00 – 10:15 Marjorie	Yoga 9:00 – 10:30 Marjorie	Yoga 8:00 – 9:30 Christina
Body Fit ° 10:15 – 11:30 Gabi				Yoga für Einsteiger 9:45 – 11:15 Christina
Yoga 17:15 – 18:45 Sarah	Yoga 17:30 – 19:00 Marjorie	Yoga 18:15 – 19:45 Christina	Vinyasa Flow Yoga 18:00 – 19:30 Marjorie	»Reine Männersache« 18:00 – 19:00 Geli
Yoga 19:15 – 20:45 Sarah	Yoga 19:30 – 21:00 Christina	Yoga 20:00 – 21:30 Christina	Pilates 20:00 – 21:00 Geli	Yoga 19:30 – 21:00 Christina
° Externes Kursangebot				