

# KURSPLAN | Studio Yin

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Pilates sanft ** 9:00 – 10:00 Geli		Feldenkrais ° 9:00 – 10:00 Martina	Yoga 9:00 – 10:30 Marjorie	Yoga 8:00 – 9:30 Christina
				Yoga (sanft) 9:45 – 11:15 Christina
			Kreativer Kindertanz 6-7 Jahren 16:30 – 17:30 Marjorie	
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	
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 ** 19:00 – 20:30 Christina

\* On Hold (startet ab 5 TN) | \*\* Open Class | ° Externes Kursangebot