

MO

DI

- Ashtanga LED 1. Serie 15:30 - 17:00
- Ashtanga LED Class 15:30 - 17:00
- Ashtanga LED Class 15:30 - 17:00
- Hatha Yoga (Level 1) 18:00 - 19:00
Geführte Yogastunde
- Ashtanga LED Class (Level 2) 20:00 - 21:30
Geführte Yoga Stunde

MI

DO

- In Planung..... Mysore 07:30 - 09:00
Mysore
- Ashtanga 1. Serie 18:15 - 19:45
Komplette 1. Serie

FR

- Hatha Yoga 08:30 - 09:30
Hatha Yoga
- Hatha Yoga 10:00 - 11:00
Ashtanga für Einsteiger

SA

SO