

Stundenplan - Schedule

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00			Morning Flow Beginner & Level 1				
10:00							
18:00	Lotus Flow Basics Beginner & Level 1	Pilates alle Level	Aerial Flying Yoga Beginner & alle Level				
18:30							
19:00							
19:30							
20:00		Hatha Yoga Flow Beginner & alle Level					
20:30							
21:00							
21:30							