

|                  | Montag   | Dienstag  | Mittwoch  | Donnerstag                                      | Freitag                                      | Samstag                         |
|------------------|--|---|---|---|--|---------------------------------|
| 8<br>+ 8.30      |  | 8.30-10.00<br>Himalaya Hatha<br>Yoga<br>Yasmin  | 8.00-9.30<br>Ashtanga<br>Mysore<br>Alexandra    | 8.00-9.30<br>Ashtanga<br>Mysore<br>Alexandra    | 8.00-9.30<br>Ashtanga<br>Mysore<br>Alexandra |                                 |
| 11               |  |   |   |   |  | 11.00-12.30<br>Aikido<br>Jürgen |
| 15               |  |   |   | 15.00-16.00<br>Ashtanga<br>Vinyasa<br>Alexandra |  |                                 |
| 16.30            | 16.30-20.00<br>Ashtanga<br>Mysore<br>Alexandra | 16.30-18.00<br>Himalaya Hatha<br>Yoga<br>Yasmin | 16.30-18.00<br>Ashtanga<br>Mysore<br>Alexandra  | 16.30-19.00<br>Ashtanga<br>Mysore<br>Alexandra  |  |                                 |
| 18.30            |  | 18.30-19.30<br>Pilates<br>Christiane            | 18.30-20.00<br>Himalaya Hatha<br>Yoga<br>Yasmin |   |  |                                 |
| 19.00<br>+ 19.15 |  | 19.30-21.00<br>Himalaya Hatha<br>Yoga<br>Yasmin |   | 19.00-20.30<br>Himalaya Hatha<br>Yoga<br>Yasmin |  |                                 |