

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.00 + 8.30		8.30-10.00 Himalaya Hatha Yoga Yasmin	8.00-9.30 Ashtanga Mysore Alexandra	8.00-9.30 Ashtanga Mysore Alexandra	8.00-9.30 Ashtanga Mysore Alexandra
15.00				15.00-16.00 Ashtanga Vinyasa Alexandra	
16.30	16.30-18.00 Ashtanga Mysore Alexandra	16.30-18.00 Himalaya Hatha Yoga Yasmin	16.30-18.00 Ashtanga Mysore Alexandra	16.30-18.00 Ashtanga Mysore Alexandra	
18.30	18.30-20.00 Ashtanga Mysore Alexandra	18.30-19.30 Pilates Christiane	18.30-20.00 Himalaya Hatha Yoga Yasmin		
19.00 + 19.30		19.30-21.00 Himalaya Hatha Yoga Yasmin		19.00-20.30 Himalaya Hatha Yoga Yasmin	