

Yoga im Herbst

Montag 19:15 – 20:30

HATHA FLOW (Shirin - Level 1-2)

Dienstag 18:30 – 19:30

THERAPEUTISCHES YOGA (Marlon – all Level)

Dienstag 19:45 – 21:00

YOGA ON BEAT (Marlon - Level 1)

Mittwoch 19:00 – 20:15

HATHA FLOW (Larissa - Level 0-1)

Donnerstag 18:30 – 19:30

CORE (Marlon – Level 1-2)

Donnerstag 19:45 – 21:00

YIN YOGA (Marlon - all Level)

Freitag 18:30 – 19:40

YOGA BEGINNERS (Marlon – Level 0)

Samstag 10:00 – 11:30

VINYASA YOGA (Marlon - Level 1-2)

Sonntag 10:30 – 12:00

HATHA YOGA (Marlon - all Level)