

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

10:00 - 11:15
VINYASA FLOW
1
-offener Kurs-

11:00 - 12:15
GENTLE FLOW

-offener Kurs-

18:30 - 19:45
VINYASA FLOW
1
-offener Kurs-

18:15 - 19:45
VINYASA FLOW
2
-offener Kurs-

18:00 - 19:15
RÜCKEN YOGA
-offener Kurs-

20:00 - 21:15
YIN YOGA
-offener Kurs-

20:00 - 21:15
VINYASA FLOW
1
-offener Kurs-