

# KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

9.30-10.30  
Spicy Flow  
3-5

9.30-11.00  
Free Yoga  
1-5

9.30-11.00  
Free Yoga  
1-5

10.00-11.00  
Free Yoga  
1-5

11.00-12.30  
Yoga Special  
1-5 **new**

17.00-18.00  
Free Yoga  
1-5 **new**

16.30-18.00  
Yin Yoga  
1-5 **new**

18.45-19.45  
Mild Flow  
2-4

18.30-19.30  
Free Yoga  
1-5

18.00-19.30  
Mild Flow  
2-4

18.00-19.00  
Spicy Flow  
3-5

18.15-19.15  
Spicy Flow  
3-5

20.00-21.00  
Mild Yoga  
1-5

19.45-20.45  
Mild Yoga  
1-5 **new**

19.45-21.00  
Mild Yoga  
1-5

19.30-20.30  
Free Yoga  
1-5