

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	8:00-9:00 * Spine Yoga/ Wirbelsäulenkurs	9:00-10:30 Ashtanga LED/ Mysore	9:00-11:00 Open Mysore	8:00-11:00 Open Mysore		
	9:00-10:30 Vinyasa				10:00-12:00 Open Mysore	10:00-11:30 * Astanga Yoga Einsteiger
					14:00-15:30 Ashtanga Basis I	
18:00-18:30 Mysore LED	18:00-19:30 Vinyasa	18:00-19:30 Basic I	18:00-19:30 Ashtanga LED/ Mysore	18:00-19:30 Vinyasa		17:00-18:30 Ashtanga LED I&II
18:30-21:30 Open Mysore	19:45-21:15 Ashtanga LED II	19:45-21:30 Open Mysore & Restorative Yoga	19:45-21:15 Basic I	19:45-21:15 Ashtanga LED I		18:30-19:00 Pranayama