

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07	Vinyasa Yoga Lisa 07:00 - 08:00 (60')	Vinyasa Yoga Malvine 07:00 - 08:00 (60')	Vinyasa Yoga Rebeca 07:00 - 08:00 (60')	Vinyasa Yoga Rebeca 07:00 - 08:00 (60')	Vinyasa Yoga Tonia 07:00 - 08:00 (60')		
08						Vinyasa Yoga Tonia 08:30 - 10:00 (90')	
08 30	Hatha Yoga Aline 08:30 - 9:45 (75')		Hatha Yoga Karsten 08:30 - 9:45 (75')		Hatha Yoga Tonia 08:30 - 9:45 (75')		
09		Hatha Yoga Florence 09:30 - 10:45 (75')		Hatha Yoga Sibel 09:30 - 10:45 (75')		Hatha Flow Yoga Emanuel 09:30 - 11:00 (90')	
09 30							
10	Vinyasa Yoga Ilana 10:30 - 12:00 (90')	Vinyasa Yoga Anna K. 10:30 - 12:00 (90')	Vinyasa Yoga Annette 10:30 - 12:00 (90')	Vinyasa Yoga Anna K. 10:30 - 12:00 (90')	Jivamukti Rebeca 10:30 - 12:00 (90')	Ashtanga Yoga Brenda 10:30 - 12:00 (90')	Orthopädisches Yoga Myriam 10:30 - 12:00 (90')
10 30							
11		Schwangeren Yoga Florence 11:00 - 12:00 (60')		Baby & Me Stefanie 11:00 - 12:00 (60')		Pilates Vio 11:30 - 12:30 (60')	Hatha Yoga Flow Saskia 11:00 - 12:30 (90')
11 00							
11 45							
12	Business Yoga Flow Michaëla 12:15 - 13:15 (60')	Business Yoga Flow Stefanie 12:15 - 13:15 (60')	Business Yoga Flow Annette 12:15 - 13:15 (60')	Business Yoga Flow Sibel 12:15 - 13:15 (60')	Business Yoga Flow Michaëla 12:15 - 13:15 (60')		Vinyasa Yoga Stephan D./ Anne 12:30 - 14:00 (90')
12 15							
12 30	Pilates Barbara S. 12:30 - 13:30 (60')	Pilates Barbara S. 12:30 - 13:30 (60')	Pilates Barbara S. 12:30 - 13:30 (60')	Pilates / Yogalates Daniel 12:30 - 13:30 (60')	Pilates Barbara S. 12:30 - 13:30 (60')	Yin/Yang Yoga Verena 12:30 - 14:00 (90')	Yin Yoga Diarra 13:00 - 14:30 (90')
12 30							
12 45							
13						Hatha Flow Yoga Carmen 13:00 - 14:30 (90')	Pilates Elena/ Andrea M. 14:30 - 15:30 (60')
13 00							
13 30							
14							
14 30							
15							
16		Vinyasa Yoga Alex (engl.) 16:00 - 17:30 (90')				Ashtanga Yoga AYI 1-2 Caroline 16:00 - 17:30 (90')	Absolute Beginners Petra 15:00 - 16:15 (75')
16 00							
16 30	Kundalini Yoga Nadine 16:30 - 18:00 (90')			Kinder Yoga (4-8j) t.b.a. 16:30 - 17:30 (60')			Vinyasa Y. Playground Diarra 15:30 - 17:00 (90')
16 30							
17		Kinder Yoga (ab 8j) Emanuel 17:00 - 18:00 (60')	Teenie Yoga Alida / Julia 17:00 - 18:00 (60')				Anusara- Inspired Andrea Zettl 17:00 - 18:30 (90')
17 00							
17 30	Anusara+ Technik Training Ilana 17:30 - 18:45 (75')	Vinyasa Yoga Elena 17:30 - 18:45 (75')	Anusara+ Technik Training Ilana 17:30 - 18:45 (75')	Hatha Yoga Carmen 17:30 - 18:45 (75')	Vinyasa Yoga Desiree 17:30 - 18:45 (75')		
17 30							
17 45			Schwangeren Yoga Karsten 17:45 - 18:45 (60')	Ashtanga Yoga Brenda 17:45 - 19:15 (90')	Schwangeren Yoga Karsten 17:45 - 18:45 (60')		
17 45							
18	Ashtanga Yoga Anna K. 18:15 - 19:45 (90')		Vinyasa Yoga Elena 18:15 - 19:45 (90')				
18 15							
19	Yin-Yang Yoga Verena 19:00 - 20:30 (90')	Pilates Elena 19:00 - 20:00 (60')	Anusara&Meditation Eva M. 19:00 - 20:15 (75')	Yin Yoga Carmen 19:00 - 20:30 (90')	Hatha Yoga Tonia 19:00 - 20:30 (90')		
19 00							
19 15		Vinyasa Yoga Stephan D. 19:15 - 20:45 (90')		Hatha Flow Saskia D. 19:15 - 20:45 (90')			
19 15							
20	Evening Flow Julie T. 20:00 - 21:30 (90')	Yin Yoga Verena 20:00 - 21:30 (90')	Orthopädisches Yoga Karsten 20:00 - 21:30 (90')				
20 00							
20 30				Vinyasa Yoga (engl.) Garrett 20:30 - 21:45 (75')			
20 30							

Änderungen im Kursplan vorbehalten - gültig ab 23.05.2018

# YOGA!

BALANCEYOGA.DE

Frankfurt City

Beginner	1
Alle Levels	1-3
Mittelstufe	2
Fortgeschritten	2-3
Schwangeren & Baby	
Kinder & Teenies	
Business	
neues Kursformat	