

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07	Vinyasa Yoga Lisa 07:00 - 08:00 (60')	Vinyasa Yoga Laura 07:00 - 08:00 (60')	Vinyasa Yoga Rebeca 07:00 - 08:00 (60')	Vinyasa Yoga Tonia 07:00 - 08:00 (60')	Vinyasa Yoga Nadine 07:00 - 08:00 (60')		
08			Ashtanga Self Practice 08:00 - 09:30 (90')			Vinyasa Yoga Tonia 08:30 - 10:00 (90')	
09	Hatha Yoga Sandra 09:30 - 11:00 (90')	Hatha Yoga Karsten 09:30 - 11:00 (90')	Hatha Yoga Julie B. 09:30 - 11:00 (90')	Hatha Yoga Sibel 09:30 - 11:00 (90')	Hatha Yoga Tonia 09:30 - 11:00 (90')		
10	Vinyasa Yoga Timo 10:00 - 11:30 (90')	Vinyasa Yoga Anna K. 10:00 - 11:30 (90')	Vinyasa Yoga Annette 10:00 - 11:30 (90')	Vinyasa Yoga Anna K. 10:00 - 11:30 (90')	Jivamukti Yoga Rebecca 10:00 - 11:30 (90')	Hatha Flow Yoga Carmen 10:30 - 12:00 (90')	Orthopädisches Yoga Myriam 10:30 - 12:00 (90')
11		Schwangeren Yoga Florence 11:00 - 12:00 (60')		Baby & Me Stefanie 11:00 - 12:00 (60')		Pilates Lu 11:30 - 12:30 (60')	Hatha Yoga Flow Saskia 11:00 - 12:30 (90')
12	Business Yoga Flow Michaela 12:15 - 13:15 (60')	Business Yoga Flow Steffi A. 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 Michaela 12:15 - 13:15 (60')		Vinyasa Yoga Anna K. 12:30 - 14:00 (90')
12	Pilates Manuela 12:30 - 13:30 (60')	Pilates Manuela 12:30 - 13:30 (60')	Pilates Manuela 12:30 - 13:30 (60')	Pilates Manuela 12:30 - 13:30 (60')	Pilates Manuela 12:30 - 13:30 (60')	Yin/Yang Yoga Verena 12:30 - 14:00 (90')	Yin Yoga Diarra 13:00 - 14:30 (90')
14		Baby & Me Karsten 14:30 - 15:30 (60')				Yoga Basics Lu 13:00 - 14:30 (90')	Pilates Elena/Andrea 14:30 - 15:30 (60')
16		Vinyasa Yoga Alex (engl.) 16:00 - 17:30 (90')			Ashtanga Yoga AYI@ Manuela 16:00 - 17:30 (90')	Vinyasa Yoga Stephan D. 14:30 - 16:00 (90')	Absolute Beginners Florence 15:00 - 16:30 (90')
16				Kinder Yoga (4-8j) Demario 16:30 - 17:30 (60')			Vinyasa Yoga Diarra 15:45 - 17:15 (90')
17		Kinder Yoga (ab 8j) Myriam 17:00 - 18:00 (60')	Teenie Yoga Katerina 17:00 - 18:00 (60')			Ashtanga Yoga Michaela 16:00 - 17:30 (90')	Hormon Yoga Florence 16:45 - 18:15 (90')
17	Hatha Yoga Flow Timo 17:30 - 18:45 (75')	Vinyasa Yoga Elena 17:30 - 18:45 (75')	Hatha Yoga Flow Alex (engl.) 17:30 - 18:45 (75')	Hatha Yoga Carmen 17:30 - 18:45 (75')	Vinyasa Yoga Desiree 17:30 - 18:45 (75')		
17		Absolute Beginners Timo 17:45 - 19:00 (75')	Schwangeren Yoga Karsten 17:45 - 18:45 (60')	Ashtanga Yoga Anna K. 17:45 - 19:15 (90')	Schwangeren Yoga Karsten 17:45 - 18:45 (60')		
18	Ashtanga Yoga Anna K. 18:15 - 19:45 (90')		Vinyasa Yoga Elena 18:15 - 19:45 (90')	Hatha Yoga Flow Susanne 18:15 - 19:45 (90')	Pilates (engl.) Garrett 18:15 - 19:15 (60')		
19	Vinyasa Yoga Timo 19:00 - 20:30 (90')	Pilates Elena 19:00 - 20:00 (60')	Vinyasa Yoga Alex (engl.) 19:00 - 20:30 (90')	Yin Yoga Carmen 19:00 - 20:30 (90')	Hatha Yoga Jochen 19:00 - 20:30 (90')		
19		Vinyasa Yoga Timo 19:15 - 20:45 (90')	Ashtanga Basics Manuela 19:00 - 20:30 (90')				
20	Anusara Yoga Conny 20:00 - 21:30 (90')	Yin Yoga Steffi R. 20:00 - 21:30 (90')	Orthopädisches Yoga Karsten 20:00 - 21:30 (90')	Vinyasa Yoga (engl.) Garrett 20:00 - 21:30 (90')			

# YOGA!

BALANCEYOGA.DE

Frankfurt City

Beginner	1
All Levels	1-3
Mittelstufe	2
Fortgeschritten	2-3
Schwangeren & Baby	
Kinder & Teenies	
Business	
Neue Zeit/ neues Kursformat	
geschlossenes Kursformat - nur mit Anmeldung	

Änderungen im Kursplan vorbehalten - gültig ab 28.07.2017