YOGA!

BALANCEYOGA.DE

Mainz

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08					08	
09 Hatha Yoga Flow Peer 09:00 - 10:30 (90')		Hatha Yoga Flow Romea 10:00 - 11:30 (90')		Casual Friday Silke (Vinyasa) 10:00 - 11:30 (90')	09	Happy Sunday Yoga Maryvonne 10:30 - 12:00 (90')
10	Vinyasa Yoga Simona 10:30 - 12:00 (90')		Yin Yoga Romea 10:30 - 12:00 (90')		10 30	
10 30 Baby & Me Lena 10:45 - 11:45 (60')						
11					11	
11 45					11 30 Hatha Yoga Flow Kristina 11:30 - 13:00 (90')	
12					12	
12 15	Mittagsflow Simona 12:15 - 13:15 (60')		Mittagsflow Romea 12:15 - 13:15 (60')		13	
13					13 30 Yin Yoga wechselnde Lehrer 13:30 - 15:00 (90')	Workshop & Event nach Ankündigung 13:30 - 16:00 (150')
15					14 30	
16 30				Kundalini Yoga Nina 16:30 - 18:00 (90')	16	
17			Schwangeren Yoga Anna 17:00 - 18:00 (90')		16 15	
18 Hatha Yoga Flow Désireé 18:00 - 19:30 (90')	Hatha Flow Anna 18:00 - 19:30 (90')	Hatha Yoga Flow Ilana 18:00 - 19:30 (90')	Hatha Yoga Anna 18:00 - 19:30 (90')		17	
18 30				Hatha Yoga Flow & Relax Kristina 18:30 - 20:00 (90')	18	
19 45 Anusara Elements Ilana 19:45 - 21:15 (90')	Yang Yin Yoga Sabrina 19:45 - 21:15 (90')	Faszienyoga Ilana 19.45 - 21.15 (90')	Vinyasa Yoga Chris (Yogakido) 19:45 - 21:15 (90')			

Beginner	1
Alle Levels	1-3
Mittelstufe	2
Mittagsflow	
Schwangeren & Baby	

Änderungen im Kursplan vorbehalten – gültig ab 01.07.2017