

TAG DER ARBEIT Di. 01.05.2018	CHRISTI HIMMELFAHRT Do. 10.05.2018	PFINGSTMONTAG Mo. 21.05.2018	FOHNLEICHNAM Do. 31.05.2018
STUDIO CITY			
10:00-11:30 Hatha Yoga 1-3 Myriam	10:00-11:30 Hatha Yoga 1-3 Sibel	10:00-11:30 Hatha Yoga 1-3 Myriam	10:00-11:30 Vinyasa 2 Daniel
11:00-12:30 Vinyasa 1-3 Diarra	11:30-13:00 Vinyasa 1-3 Diarra	11:00-12:30 Ashtanga 1-3 Steffi Ritterhoff	11:00-12:30 Hatha Flow 2 Saskia D.
12:00-13:00 Pilates 1-3 Barbara	12:00-13:00 Pilates 1-3 Carmen	12:00-13:00 Pilates 1-3 Barbara	12:00-13:00 Pilates 1-3 Barbara
13:00-14:30 Ashtanga 2 Brenda	13:00-14:30 Ashtanga 2 Brenda	13:00-14:30 Vinyasa 1-3 Ilana	13:00-14:30 Kundalini 1-3 Nadine
14:00-16:00 Yin/Yang Special 1-3 Verena	19:00-21:00 Balanced Pranayama & Heart Opening Backbends (Open Class) Mark Stephens <i>ohne Voranmeldung</i>	14:00-16:00 Yin/Yang Special 1-3 Verena	14:00-16:00 Slow Flow + Meditation 1-3 Verena
STUDIO SACHSENHAUSEN			
10:30-12:00 Hatha Yoga 1-3 Florence	10:30-12:00 Jivamukti 1-3 Paula	10:30-12:00 Jivamukti 1-3 Ilana	10:30-12:00 Ashtanga 1-3 Steffi Ritterhoff
12:30-14:00 Vinyasa 1-3 Caroline	12:30-14:00 Hatha Yoga 1-3 Maria	12:30-14:00 Hatha-Flow 1-3 Sibel	12:30-14:00 Hatha Flow 1-3 Carmen
			14:00-16:00 Yin Yoga trifft auf Yoga Nidra „Yin Yoga“ Chakren Spezial Saskia Stinson Ditsch <i>Voranmeldung erforderlich</i>