Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10:00 - 11:30 **Ashtanga Yoga** **Mysore**	**10:00 - 11:15** **Ashtanga/Yin** **Mix**		**10:00 - 11:15** **Ashtanga/Yin** **Mix**	
		12:30 - 14:00 **Ashtanga Yoga** **Mysore**		**12:30 - 13:45** **Ashtanga/Yin** **Mix**
17:00 - 18:15 **Yin Yoga**	**17:00 - 18:15** **Ashtanga Yoga** **Mix**		**17:00 - 18:15** **Ashtanga Yoga** **Slow**	**17:30 - 18:15** **Pranayama** **& Meditation**
18:30 - 19:45 **Ashtanga Yoga** **Slow**	**18:30 - 19:45** **Ashtanga Yoga** **Flow**	**18:30 - 19:45** **Ashtanga Yoga** **Flow**	**18:30 - 20:00** **Ashtanga Yoga** **Mysore**	**18:30 - 19:45** **Yin Yoga**
		20:00 - 21:15 **Yin Yoga**		

Gültig ab 01. November 2026