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

gültig ab 01. Januar 2026

