

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
8:30 - 9:45 MORNING FLOW (Level 1,2,3)				10:00 - 11:15 YOGĀNANDA FLOW (Level 2,3)	10:00 - 11:15 SUNDAY YOGA (Level 1,2,3)
				15:00 - 16:15 MEDICAL YOGA (Level 1,2,3)	
18:00 - 19:15 YOGĀNANDA FLOW (Level 2,3)	18:00- 19:15 YOGĀNANDA FLOW (Level 1,2)				
18:00 - 19:15 YIN & YANG (Level 1,2,3)		18:30 - 19:45 YOGĀNANDA FLOW (Level 2,3)	18:30 - 19:45 YIN & YANG (Level 1,2,3)		
19:30 - 20:45 YOGA & GONGmeditation (Level 1,2,3)	19:30 - 20:45 ASHTANGA (Level 2,3)		20:00 - 21:15 HATHA YOGA (Level 1,2,3)		

Level 1 ANFÄNGER & GEÜBTE
Level 2 GEÜBTE
Level 3 FORTGESCHRITTENE