

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

Level 1 ANFÄNGER & GEÜBTE
Level 2 GEÜBTE
Level 3 FORTGESCHRITTENE