

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			9:00 - 10:15 <b>MEDICAL YOGA</b> (Level 1,2,3)	10:00 - 11:15 <b>YOGĀNANDA FLOW</b> (Level 2,3)		10:00 - 11:15 <b>SUNDAY YOGA</b> (Level 1,2,3)
					11:00 - 12:30 <b>ASHTANGA</b> (Level 2,3 1x im Monat)	
18:00 - 19:15 <b>YOGĀNANDA FLOW</b> (Level 2,3)	18:00- 19:15 <b>YOGĀNANDA FLOW</b> (Level 1,2)					
18:00 - 19:15 <b>YIN &amp; YANG</b> (Level 1,2,3)		18:30 - 19:45 <b>YOGĀNANDA FLOW</b> (Level 2,3)	18:30 - 19:45 <b>HATHA &amp; YIN</b> (Level 1,2,3)			
19:30 - 20:45 <b>YOGA&amp;GONG</b> (Level 1,2,3)						

Level 1 ANFÄNGER & GEÜBTE

Level 2 GEÜBTE

Level 3 FORTGESCHRITTENE