

## YOGA STUNDENPLAN AB 15. AUGUST 2022

### **MONTAG**

Studio / zoom

**17.15 - 18.15**

Yoga & Meditation

### **MONTAG**

Studio / zoom

**18.30 - 19.45**

Yoga alle Levels

### **MITTWOCH**

Studio

**8.30 - 9.45**

Yoga alle Levels

### **MITTWOCH**

Studio

**10.00 - 11.00**

Yoga best age - soft

### **DONNERSTAG**

Studio

**18.30 - 19.45**

Yoga Level II-III

Donnerstag, 8. September Ausfall - Ersatz Mittwoch, 7. September 18.30-19.45