

kursplan

| mo | di | mi | do | fr | sa |
|------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--|--------------------------------------|
| | | | 8-9 vinyasa I mona | | 11-12 vinyasa I versch. |
| | | 17-18 vinyasa I milena | | | |
| 18-19 vinyasa II mona | 18-19 slow flow milena | 18.30-19.30 yin milena | | 18-19 yin mona | |
| | 19.15-20 soundbad mona | | 19-20 slow flow marleen | 19.15-19.45 wochenausklang 1x mtl. | |