

KURSPROGRAMM

Montag

FUNCTIONAL
Training Basic
09:30 / 60 Min

THERAYOGA
Balance
17:30 / 60 Min

YOGA Pur
19:00 / 75 Min

Dienstag

YOGA
Morning Balance
08:30 / 60 Min

THERAYOGA
Balance
17:30 / 60 Min

YOGA
studyo flow
19:00 / 75 Min

Mittwoch

YOGA
Morning Balance
09:30 / 75 Min

FUNCTIONAL
Training dynamic
17:45 / 60 Min

YOGA Soft
Evening Flow
19:15 / 60 Min

Donnerstag

FUNCTIONAL
Training
Morning Balance
08:30 / 60 Min

YOGA Soft
Evening Flow
17:00 / 60 Min

YOGA
Basic Kurs*
18:30 / 75 Min

Freitag

YOGA
Balance
08:30 / 75 Min

THERAYOGA
Basic
10:15 / 60 Min

YOGA
Evening Flow
17:00 / 75 Min

Samstag

YOGA
studyo Flow
08:30 / 60 Min

THERAYOGA
Balance
10:00 / 60 Min