

HORARIO STUNDENPLAN - CLASS SCHEDULE

MONTAG/ MONDAY/ LUNES	DIENSTAG/ TUESDAY/ MARTES	MITTWOCH/ WEDNESDAY/ MIÉRCOLES	DONNERSTAG/ THURSDAY/ JUEVES	FREITAG/ FRIDAY/ VIERNES
9 - 10 Qi Gong Year Circle Group Free talk	9-10 Ayurveda Jahresgruppe/ Year Circle Group			10 - 11.15 Nordic Walking
10.15 - 11.15 Qi-Gong		10 - 11.15 Sunrise Yoga		10 - 11.15 Peaceful Morning Yoga
11.30 - 12.45 Qi Gong/ Yoga	11.30 - 12.30 FIT 60+		11.30 - 12.30 FIT 60+	
18 - 19.15 Relax Hatha Yoga - Deutsch	17.30-18.30 Yogilates	19.30 - 21.00 Online Prana Flow	18.30 - 19.45 Prana Flow	