

STUNDENPLAN - CLASS SCHEDULE - HORARIO

MONTAG/ MONDAY/ LUNES	DIENSTAG/ TUESDAY/ MARTES	MITTWOCH/ WEDNESDAY/ MIÉRCOLES	DONNERSTAG/ THURSDAY/ JUEVES	FREITAG/ FRIDAY/ VIERNES
		9 - 10.15 YOGA I Anfänger/Beginner		9.30 - 10.15 ENERGY Meditation
11.00 - 12.00 Armonia+Salud+ Bienestar Qi-Gong	11.30 - 12.30 FIT ab/ from/de 60+		11.30 - 12.30 FIT ab/ from/de 60+	10.30 - 11.45 Yoga & Meditation Anfänger/Beginner
16.30 - 17.30 GOLDEN AGE YOGA	17.00 - 18.00 YOGILATES			
18 - 19.15 YOGA I Präventionskurs	20.00 - 21.00 SILENT Meditation	19.30 - 21.00 ONLINE YOGA Präventionskurs	18.30 - 19.45 YOGA II Mittelstufe/Advanced	