

MO	DI	MI	DO	FR	SA	SO
09.00-10.00 RY Soft	09.00-10.00 Vinyasa Level 1	08.45-09.45 Rücken Open	09.00-10.00 Rücken Open	09.30-11.00 Vinyasa Level 1-2	10.00-11.30 Vinyasa Level 1	10.00-11.30 Vinyasa Level 1-2
10.15-11.15 Postnatal	18.00-19.00 Prenatal	10.00-11.30 Vinyasa Level 1-2	18.00-19.30 Yin Open	12.00-13.00 Lunch Flow Open	11.45-13.15 Yin Open	10.00-11.00 Prenatal
18.30-20.00 Vinyasa Level 1-2	18.00-19.30 Vinyasa Level 2	18.30-19.30 Vinyasa Intro	18.00-19.30 Vinyasa Intro	17.30-19.00 Vinyasa Level 1	14.00-15.30 Vinyasa Level 1-2	11.15-12.45 Vinyasa Intro
18.30-20.00 Hatha Open	19.15-20.45 Vinyasa Level 1-2	18.30-20.00 Vinyasa Level 2	19.45-21.15 Vinyasa Level 1-2	19.15-20.15 Men only		12.00-13.30 Vinyasa Level 1
20.15-21.45 Yin Open	19.45-21.15 Vinyasa Level 1	19.45-20.45 Rücken Open	19.45-21.15 Hatha Open	19.15-20.45 Hatha** Open		17.30-19.00 Vinyasa Level 1
20.15-21.15 Vinyasa Intro		20.15-21.15 Vinyasa Level 1				17.30-18.30 Meditation

Farbig hinterlegte Kurse finden im Raum 2 statt.

STUDIO UNTERBILK

Tagesaktuelle Kursinfos mit Lehrerporträts
findest Du unter www.rundumyoga.de

MO	DI	MI	DO	FR	SA	SO
09.30-11.00 Vinyasa Level 1	09.30-10.30 Prenatal	10.00-11.30 Yin Open	12.00-13.00 Hatha Open	12.00-13.00 Lunch Flow Open	11.00-12.30 Vinyasa Level 1-2	09.30-11.00 Yin Open
17.30-19.00 Hatha Open	10.45-11.45 Postnatal	18.00-19.30 Hatha Open	18.30-20.00 Vinyasa Level 1-2	16.30-18.00 Hatha Open	13.00-14.30 Yin** Open	11.15-12.45 Vinyasa Level 2
19.15-20.15 Vinyasa Level 1	18.15-19.45 Vinyasa Intro	19.45-21.15 Budokon*	20.15-21.15 Vinyasa Intro	18.30-20.00 Vinyasa Level 1	15.00-16.30 Vinyasa Level 1	17.00-18.30 Rücken Open
	20.00-21.30 Vinyasa Level 1-2					

* Kurs in englisch/deutsch, ** New Teacher (Spendenbasis)