

| MO | DI | MI | DO | FR | SA | SO |
|--|--|--|--|--|--|---|
| 09.00-10.00 RY Soft | 09.00-10.00 Vinyasa Level 1 | 07.00-08.00 Early Bird 08.45-09.45 Rücken Op. | 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 Level 1 | 17.30-19.00 Vinyasa Level 1 | | 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 Hatha Open | 19.15-20.15 Men only | | 12.00-13.30 Vinyasa Level 1 |
| 20.15-21.45 Vinyasa Intro | | 19.45-20.45 Rücken Open | 19.45-21.15 Vinyasa Level 1-2 | | | 17.30-19.00 Vinyasa Level 1 |
| 20.15-21.15 Yin Open | | 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 | 07.00-08.00 Early Bird | 12.00-13.00 Lunch Flow Open | 09.30-11.00 Hatha Open | 09.30-11.00 Yin Open |
| 17.30-19.00 Hatha Open | 10.45-11.45 Postnatal | 18.00-19.30 Hatha Open | 12.00-13.00 Hatha Open | 16.30-18.00 Hatha Open | 11.15-12.45 Vinyasa Level 1-2 | 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* | 18.30-20.00 Vinyasa Level 1-2 | 18.30-20.00 Vinyasa Level 1 | | 17.00-18.30 Rücken Open |
| | 20.00-21.30 Vinyasa* Level 1-2 | | 20.15-21.15 Vinyasa Intro | | | |

COURTYARD BY MARRIOTT HOTEL (HAFEN)

DI

19.00-20.30
Sunset***

* Kurs in englisch/deutsch

*** auf der Dachterrasse, wenn das Wetter passt