



aquaFit

YOGA IM AQUAFIT

Freude an Gesundheit

YOGA-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:30 – 11:45 Free Mix Yoga	11:00 – 12:15 Viniyoga	09:30 – 10:45 Beckenboden Yoga	09:30 – 10:45 Hatha Yoga		10:00 – 11:30 Vinyasa Flow Yoga	11:00 – 12:30 Power Yoga
17:00 – 18:15 Hatha Yoga		11:00 – 12:15 Beckenboden Yoga	11:00 – 12:15 Hatha Yoga			
18:30 – 19:45 Yogalates	19:15 – 20:30 Yogalates	18:15 – 19:30 Yin & Yang Yoga	18:30 – 20:00 Kundalini Yoga	18:00 – 19:15 Power Flow Yoga		
		19:45 – 20:45 Somatic Yoga				