

YOGIBUDE

SOMMER 2022

Änderungen
vorbehalten!

MONTAG

ALLE LEVEL
09.00-10.00
Gesunder Rücken (auch online)
Lilly

ALL LEVEL
18.30-19.45
Holistic Yoga
Lea

BASIC
20.15-21.00
Yin meets Prana
Lea

DIENSTAG

ALLE LEVEL
7.30-8.30
Early Bird
Dani

ALLE LEVEL
12.00-13.00
Lunch Flow
Lilly

ALL LEVEL
18.00-19.00
After Work Quickie
Verena

MEDIUM & OUTDOOR
19.30-20.45
Flow & Relax
Sylvi

MITTWOCH

ALL LEVEL
9.00-10.00
Prenatal Yoga
Lilly

BASIC
17.30-18.45
Einsteiger*innen
Martina

ALL LEVEL
19.30-20.45
Yin Yoga
Janna

DONNERSTAG

BASIC
08.00-09.00
Morning Flow
Lilly

BASIC
16.00-18.10
Kinderyoga (mit Anm.)
Amelia

BASIC & OUTDOOR
19.30-20.45
Slow Flow
Giana

FREITAG

ALLE LEVEL
07.30-08.30
Early Bird
Ulrike

BASIC
09.00-10.00
Postnatal Yoga
Lilly

OUTDOOR
10.30-11.30
Prenatal Yoga
Lilly

ALLE LEVEL
18.30-19.45
Friday Special
verschiedene

SAMSTAG

BASIC
10.30-11.45
Yoga meets Physio (ab 14.5.)
Linda

SONNTAG

ALLE LEVEL & OUTDOOR
10.30-11.45
Sunday Flow
Franka

ALLE LEVEL
18.00-19.15
Yin meets Yang
Anna-Lena