

Kursplan

15.03. Mo	16.03 .DI	17.03.MI	18.03.DO	19.03.FR	20.03.SA	21.03.SO
08:00 - 10:00 Mi Mysore	06:30 - 08:30 Si Mysore	07:00 - 09:00 Si Mysore	07:00 - 09:00 Mi Mysore	08:00 - 10:00 Si Mysore	09:30 - 11:00 Si led class	08:15 - 09:00 Mi Zen-Meditation
			09:00 - 10:00 Mi 2. Basis 2		10:00 - 11:00 Ja Fortgeschrittene Short	09:00 - 11:00 Mi Mysore
	13:00 - 14:00 Si Basis 1			12:30 - 13:30 Si Mittelstufe	11:15 - 12:30 Si 5.Basis 1	09:30 - 11:00 Si Mittelstufe
					11:15 - 12:45 Ja Mittelstufe	11:15 - 13:15 Si Workshop: homepractice
				15:15 - 17:45 Sa MBRS		
18:00 - 19:00 Re Fortgeschrittene Short	18:15 - 19:45 Si 3. Basis 3	18:30 - 19:45 Da 1.Basis 2	18:00 - 19:00 Mi Basis 1			
18:30 - 19:55 Mi 2.Basis 3	18:00 - 19:15 Mi Mittelstufe	18:30 - 19:55 Si Fortgeschrittene	18:30 - 19:55 Si Mittelstufe	18:30 - 19:45 Ja 5. Basis 1		17:00 - 18:30 Mi Fortgeschrittene
19:05 - 20:05 Re 4. Basis 1	18:30- 19:55 Ja 2. Schwangere	20:00 - 21:15 Si 5.Basis 2	19:00 - 20:30 Mi Mysore	18:15 - 19:45 Si Fortgeschrittene		
20:15 - 21:30 Mi 2.Basis 2	19:45 - 21:15 Si Mysore	20:15 - 21:45 Mi Mittelstufe	20:00 - 21:15 Si 2.Basis 2			
20:15 21:45 Re Fortgeschrittene	20:00 - 21:15 Mi 5.Basis 2	20:00 - 21:30 Da led class easy	20:30 - 21:30 Mi 3. Basis 1			
21:45 - 22:00 Mi Zen-Meditation	21:15 - 21:30 Mi Zen-Meditation	21:15 - 21:30 Si Zen-Meditation	21:30 - 22:00 Mi Zen-Meditation	19:45-20:15 Si Hatha Yoga Pradipika		

Preisliste in Euro

Basis 1 Kurs (6x), Basis 2/3 (6x)	85.-
10er Karte, 3 Monate gültig	130.-
10er Karte, 5 Monate gültig	160.-
2 Monate unlimited	175.-
member, Monatsbeitrag ab	70.-
Probestunde / drop in	9.-/19.-