

Niyama Stundenplan Auffahrt & Pfingstmontag

Auffahrt, Donnerstag, 30. Mai

10.30-11.30: Yoga, in English, Yannick

12.00-13.15: Yoga, in English, Lorena

16.00-17.30: Vinyasa Flow & Yin Yoga, Jana

17.00-18.00: Pilates Flow, Annie, Raum 2

Freitag, 31. Mai

6.45-7.45: Yoga, in English, Yannick

10.45-11.45: Yoga, in English, Michèle

12.15-13.15: Yoga, Tina

12.15-13.15: Pilates, Monica

18.30-19.30: Poweryoga, in English, Michèle

Samstag, 1. Juni

10.00-11.00: Poweryoga, Jana, Raum 1

11.20-12.20: Pilates, Monica

11.30-12.30: Yoga, in English, Jana, Raum 2

16.00-17.30: Yoga intermediate, in English,
Yannick

Pfingstmontag, 10. Juni

10.30-11.30: Yoga, Kim

12.00-13.15: Yoga, in English, Suzanne

12.00-13.15: Pilates Flow & Detox, Annie, Raum 2

17.45-18.45: Yoga, in English, Jana, Raum 1

18.00-19.30: Vinyasa Flow & Yin Yoga, Michèle