

Kursplan | Shala Kailash Yoga

Anfangszeit: 6:00 Zeitintervall: 30 (in Minuten)

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa	So
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	PILATES please call if interested L1-3						
10:30							
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	HATHA YOGA, Henry, beginner						VINYASA FLOW, Henry, Level 2
18:30							
19:00					VINYASA FLOW, Henry, Level 1-3		
19:30							
20:00				YIN YOGA, Henry			
20:30							
21:00							
21:30							
22:00							