



ASHTANGA CONNECTION

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10:00 - 11:30 Mysore	10:00 - 11:00 Mix		10:00 - 11:30 Mysore	
		12:30 - 14:00 Mysore		12:30 - 13:30 Mix
17:00 - 18:15 Yin Yoga				
18:30 - 19:45 Slow	18:30 - 19:45 Slow	18:30 - 19:45 Flow	18:30 - 19:45 Mysore	18:30 - 19:45 Yin Yoga
	20:00 - 21:30 Mysore		20:00 - 21:15 Yin Yoga	