



ASHTANGA CONNECTION

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