

# Antaratma Yoga Shala - Drop in Klassen :

| Montag                           | Dienstag                      | Mittwoch   | Donnerstag                        | Freitag               | Samstag                      | Sonntag                            |
|----------------------------------|-------------------------------|--|-----------------------------------|-----------------------|------------------------------|------------------------------------|
| 8:45<br>Open<br>Andy J           | 7:00 - 8:00<br>Core<br>Carri  |  | 9:30<br>Pregnancy<br>Jade         | 8:45<br>Open<br>Alex  | 9:00<br>Vinyasa<br>Flow Kira |                                    |
|                                  | 9:30<br>Open<br>Evi           |  | 9:30<br>Open<br>Helene            |                       |                              |                                    |
|                                  | 17:30<br>Pregnancy<br>Kira    | 17:30<br>Yin Yoga<br>Nina  |                                   |                       |                              |                                    |
| 17:30<br>Open<br>Alex            | 17:30<br>Open<br>Andy J       | 17:30<br>Vinyasa<br>Helene   | 17:30<br>Downtempo<br>Kira        | 17:15<br>Open<br>Jade |                              | 17:15<br>Yin Yoga<br>viele liebe.. |
| 19:15<br>Vinyasa<br>Marie-Luise  | 19:15<br>Vinyasa<br>Flow Kira | 19:15<br>Vinyasa<br>Andy J   | 19:15<br>Open<br>Kira/Marie-Luise |                       |                              | 19:00<br>Classic<br>Lucas          |
| 19:15<br>Aerial<br>-Action Lucas | 19:15<br>Open<br>Alex         | 19:15<br>Aerial<br>-Ease Lucas   | 19:15<br>Acro Yoga<br>Frido       |                       |                              |                                    |
| Level 1                          | Level 2                       | Alles weitere siehe <a href="http://www.yoga-innsbruck.com">www.yoga-innsbruck.com</a> |                                   |                       |                              |                                    |