

Antaratma Yoga Shala - Drop in Klassen :

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:45 Open Andy J	8:45 Open Evi	9:30 Jivamukti Vera	9:30 Pregnancy Jade	8:45 Open Alex	9:00 Vinyasa Flow Kira	
			9:30 Open Helene			
	17:30 Pregnancy Kira	17:30 Yin Yoga Nina				
17:30 Open Alex	17:30 Open Andy J	17:30 Vinyasa Helene	17:30 Downtempo Kira	17:15 Open Jade		17:15 Yin Yoga viele Liebe..
19:15 Vinyasa Liz	19:15 Open Alex	19:15 Vinyasa Liz	19:15 Open Selina			19:00 Classic Lucas
19:15 Aerial Lucas	19:15 Vinyasa Flow Kira					

Level I

Level II