

YOGA SHALA TIMETABLE 20 Dec 2016 – 03 Jan 2017

Tues. 20 Dec: 09:30 Open Evi
17:30 Schwangerschafts Yoga Beate
17:30 Open Andy
19:15 Opem lvl 1 Marie-Luise

Wed 21 Dec: 17:30 Classic Claudia
19:15 Vinyasa lvl 1 Helene

Thu 22 Dec: 09:30 Open Helene
17:30 Downtempo Kira
17:30 lvl 2 Helene
19:15 lvl 1 Beate
19:15 Acro Helene & Frido

Fri 23 Dec – Sun 25 Dec: Frei

Mon 26 Dec: 17:30 Open Marie -lu

Tues 27 Dec: 17:30 Open Andy
17:30 Schwangerschafts Yoga Beate
19:15 Open lvl 1 Marie-Luise

Wed 28 Dec: 17:30 Classic Sabrina
19:15 Vinyasa lvl 1 Marie-Luise

Thu 29 Dec: 09:30 Open Sabrina
17:30 Downtempo Frido
19:15 Open Beate

Fri 30 Dec: 08:45 Open Alex
17:30 Open Frido

Sat 31 dec & Sun 01 Jan : Frei

Mon 02 Jan: 08:45 Open Andy
17:30 Open Alex

Tues 03 Jan: 09:30 Open Alex
Afternoon all normal again as per usual timetable!!!!