Black Forest Ashtanga Yoga

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	MO	DI	MI	DO	FR	SA	SO
	07:00 – 09:00 **Ashtanga Yoga Mysore** Boris	07:00 – 09:00 ** **Ashtanga Yoga Mysore** Corinna	07:00 – 09:00 **Ashtanga Yoga Mysore** Boris	07:00 – 09:00 ** **Ashtanga Yoga Mysore** Leonie	07:00 – 09:00 **Ashtanga Yoga Mysore** Boris	09:30 – 11:00 **Ashtanga Yoga Led-Klasse** Boris	
	16:30 – 17:30 * **Hatha Yoga** Boris	16:30 – 18:00 * **Ashtanga Yoga Mysore** Boris	16:00 – 17:30 **Yoga mit Kinderbetreuung** Boris Leonie		16:30 – 18:00 * **Ashtanga Yoga Mysore** Boris		
	18:00 – 19:30 * **Ashtanga Yoga Led-Klasse** Boris	18:00 – 19:30 # **Ashtanga Yoga Led-Klasse** Leonie	18:00 – 19:30 **Ashtanga Yoga Led-Klasse** Boris		18:00 – 19:30 # **Ashtanga Yoga Led-Klasse** Boris		18:00 – 19:30 **Vinyasa Yoga** Corinna
	20:00 – 21:30 ** **Vinyasa Yoga** Nina						

*) Neue Stunden! Starten ab 08.01.2024. **) Neue Stunden! Starten im Febraur. #) Änderungen gelten ab 08.01.2024.