



# aquaFit

YOGA IM AQUAFIT

Freude an Gesundheit

## YOGA-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:45 – 11:45 Free Mix Yoga	10:15 – 11:15 Yin Yoga	09:30 – 10:30 Beckenboden Yoga	09:30 – 10:30 Hatha Yoga	16:45 – 17:45 Yin & Yang Yoga	10:30 – 11:30 Vinyasa Yoga	10:00 – 11:00 Yin & Yang Yoga
17:00 – 18:00 Qi Gong	17:00 – 18:00 Hatha Yoga	18:00 – 19:00 Yin & Yang Yoga	11:00 – 12:00 Hatha Yoga			
18:15 – 19:15 Yogalates	18:15 – 19:00 Yoga45	19:15 – 20:15 Power Flow Yoga	17:00 – 18:00 Core Yoga			
19:30 – 20:30 Yogalates			18:15 – 19:15 Ashtanga Yoga			
			19:45 – 20:45 Yin Yoga			