



# 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	17:00 – 18:00 Yin & Yang Yoga	10:30 – 11:30 Vinyasa Yoga	10:00 – 11:00 Yin & Yang Yoga
16:00 – 16:45 Yogilates	16:00 – 17:00 Qigong	10:45 – 11:45 Beckenboden Yoga	10:45 – 11:45 Hatha Yoga	18:30 – 19:30 Yin Yoga	11:45 – 12:45 Yin Yoga	
18:00 – 19:00 Vinyasa Yoga	18:00 – 19:00 Hatha Yoga	18:00 – 19:00 Yin & Yang Yoga	17:00 – 17:50 Yogilates			
19:15 – 20:15 Yin & Yang Yoga		19:15 – 20:15 Power Flow Yoga	18:15 – 19:15 Dance Yoga			
			19:45 – 20:45 Somatic Yin Yoga			