



# THE YOGA BUBBLE

## STUNDENPLAN



### MONTAG RAUM WINGS

16:15H Kids Aerial Yoga

17:30H Teens Aerial Yoga

19:00H Ashtanga

### MONTAG . RAUM ROOTS

17:15 H Pilates

18:30H Pilates

### DIENSTAG

09:00H Achtsames Pilates

17:30H Vinyasa Fortgeschritten

19:00H Yin Yoga

20:15H Vinyasa Anfänger

### MITTWOCH RAUM WINGS

18:30H Vinyasa Anfänger

20:00H Vinyasa Fortgeschritten

### MITTWOCH RAUM ROOTS

17:15H preMom® Yoga

18:30H Soft Yoga

20:00H Yin Yoga

### DONNERSTAG

09:30H Morgen Vinyasa

11:00H Yin & Klangbad

17:30H Aerial Yoga Level 1

19:00H Aerial Yoga Level 3

### FREITAG

09:00H Standing Pilates

17:00H Aerial Yoga Level 2

18:30H Power Vinyasa

### SAMSTAG & SONNTAG

WORKSHOPS