

Yoga Sadhana Wochenbelegungsplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00							
07:30							
08:00							
08:30			08:50-10:00	08:45-09:45	08:45-09:45		
09:00			Hatha Yoga / NF	Yoga f. Senioren / NF	NIA / MT		
09:30	09:30-10:30						
10:00	Pilates / CC		10:15-11:15	10:00-11:10	10:00-11:10		
10:30			Hatha Yoga / NF	Hatha Yoga / NF	Hatha Yoga / KL		
11:00							
11:30							
12:00	12:00-13:10						
12:30	Hatha Yoga / NF			12:45-13:45			
13:00				Yoga über Mittag / NF			
13:30							
14:00			14:00-15:00				
14:30			Yoga f. Senioren / NF				
15:00							
15:30							
16:00							
16:30							
17:00	17:00-18:00	17:15-18:15					
17:30	Kinder Yoga / NF	Kinder Yoga / NF		17:30-18:40			
18:00				Hatha Yoga / NF			
18:30	18:30-19:40	18:30-19:40					
19:00	Hatha Yoga / NF	Hatha Yoga / NF	19:15-20:15	19:00-20:10			
19:30			Pilates / CC	Hatha Yoga / NF			
20:00		20:00-21:10					
20:30		Hatha Yoga / NF					
21:00							
21:30							

	Pilates	Claudia Christ / CC	079 606 71 45
	Hatha Yoga	Nicole Fontana / NF	079 455 52 77
	NIA	Marianne Thüring / MT	076 380 08 24
	Hatha Yoga	Kathleen Leuenberger / KL	078 741 01 81