

Kursangebot im Mischeli Center

Niederbergstrasse 1, 4153 Reinach



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
08:00						09:00
08:30	08:30 - 09:20 Pilates f. Einsteiger Claudia					09:30
09:00		08:50 - 10:00 Yoga Ilonka	08:50 - 10:00 Hatha Yoga Nicole	08:45 - 09:45 Yoga f. Senioren Nicole		10:00
09:30	09:30 - 10:30 Pilates Claudia					10:30
10:00				10:00 - 11:10 Hatha Yoga Nicole	10:00 - 11:10 Yoga Ilonka	11:00
10:30		10:15 - 11:25 Yoga Ilonka	10:15 - 11:25 Hatha Yoga Nicole			11:30
11:00						12:00
11:30						12:30
12:00						13:00
12:30		12:20 - 13:30 Yoga Ilonka				13:30
13:00						14:00
13:30						14:30
14:00						15:00
14:30			14:30 - 15:30 Yoga f. Senioren Nicole			15:30
15:00						16:00
15:30						16:30
16:00						17:00
16:30						17:30
17:00		17:00 - 18:00 Ismakogie Nicole				18:00
17:30	17:30 - 18:40 Hatha Yoga Nicole			17:30 - 18:40 Hatha Yoga Nicole		18:30
18:00			18:00 - 18:50 Pilates f. Einsteiger Claudia			19:00
18:30		18:30 - 19:40 Hatha Yoga Nicole				19:30
19:00	19:00 - 20:10 Hatha Yoga Nicole		19:00 - 20:00 Pilates Claudia	19:00 - 20:10 Hatha Yoga Nicole		20:00
19:30						20:30
20:00		20:00 - 21:10 Hatha Yoga Nicole				21:00
20:30			20:15 - 21:25 Yoga Ilonka			21:30
21:00						22:00
21:30						22:30

**Hatha Yoga
Yoga für Senioren**
Nicole Fontana
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Pilates
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Yoga
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Mehr über die Yogalehrer und Instrukoren erfahren Sie auf www.yogasadhana.ch