

Ashtanga Yoga Loft Vertretungsplan ab 14. März - 15. April

Morgens Montag bis Freitag kannst du ab 7h beginnen!

In the morning from 7am it will be open!

David teaches in English!!!

			Donnerstag	Freitag	Sonntag
			14.3.	15.3.	17.3.
			7.15 - 8.30 Jakub 8.30 - 10 Claudia	7.15 - 10 Jakub	
			18 - 19.30 Mysore David		17 - 18.30 Mysore Elena
			20 - 21.30 Led Basic Elena		kein Chanting

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
18.3.	19.3.	20.3.	21.3.	22.3.	24.3.
7.15 - 10 Jakub	7.15 - 8.30 Elena 8.30 - 10 Jakub	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8.30 ELENA 8.30 - 10 Claudia	
17.45 - 19 Intro with David	18 - 19.30 Mysore David		18 - 19.30 Mysore Claudia		17 - 18.30 Mysore Jakub
19.30 - 21 Led Class Med. David	20 - 21.15 Intro with Elena	20 - 21.30 <i>Yin</i> <i>Frances</i>	20 - 21.30 Led Basic Claudia		18.45 - 19.30 Chanting*

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
25.3.	26.3.	27.3.	28.3.	29.3.	31.3.
7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8 David 8 - 10 Claudia	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8.30 Elena 8.30 - 10 Claudia	
17.45 - 19 Intro with Claudia	18 - 19.30 Mysore Claudia		18 - 19.30 Mysore Claudia	17 - 18.30 Led Class DAVID	17 - 18.30 Mysore Claudia
19.30 - 21 Led Class Medium Claudia		20 - 21.30 <i>Yin</i> <i>Frances</i>	20 - 21.30 Led Basic Elena		18.45 - 19.30 Chanting*

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
1.4.	2.4.	3.4.	4.4.	5.4.	7.4.
7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8.30 Elena 8.30 - 10 Claudia	7.15 - 8 David 8 - 10 Claudia	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8 David 8 - 10 Claudia	
17.45 - 19 Intro with Claudia	18 - 19.30 Mysore Claudia		18 - 19.30 Mysore Claudia	17 - 18.30 Led Class Claudia	17 - 18.30 Mysore Claudia
19.30 - 21 Led Class Medium Claudia		20 - 21.30 <i>Yin</i> <i>Frances</i>	20 - 21.30 Led Basic Elena		18.45 - 19.30 Chanting *

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
8.4.	9.4.	10.4.	11.4.	12.4.	14.4.
7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8 David 8 - 10 Claudia	7.15 - 8.30 Elena 8.30 - 10 Claudia	7.15 - 9.15 Claudia 9.15 - 10 David	7.15 - 8 David 8 - 10 Claudia	
17.45 - 19 Intro with Claudia	18 - 19.30 Mysore Claudia		18 - 19.30 Mysore Claudia	17 - 18.30 Led Class Claudia	17 - 18.30 Mysore Jakub
19.30 - 21 Led Class Med. Claudia	20 - 21.15 Intro with Elena	20 - 21.30 <i>Yin</i> <i>Vertretung</i>	20 - 21.30 Led Basic Vertretung		18.45 - 19.30 kein Chanting

*** Chanting nur mit Anmeldung über die Doodle-Liste siehe Website/Aktuelles!**
(ab mind. 3 TeilnehmerInnen :-))