

Kursplan und Einstiegsmöglichkeiten für 2017

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
			09.30 - 11.00 TRIPADA YOGA BASIC						09.30 - 11.00 TRIPADA YOGA BASIC PLUS				09.00 - 10.00 WIRBELSÄULEN GYMNASTIK	
					11.30 - 12.30 TRIPADA PILATES sanft								10.30 - 11.30 WIRBELSÄULEN GYMNASTIK sanft	
											16.30 - 17.30 TRIPADA PILATES		15.30 - 16.30 TRIPADA YOGA BASIC für Kinder 6-9	
18.00 - 19.30 TRIPADA YOGA BASIC	18.00 - 19.30 TRIPADA YOGA MEDIATE		19.00 - 20.30 TRIPADA YOGA MEDIATE	18.00 - 19.30 TRIPADA YOGA BASIC	18.00 - 19.30 TRIPADA PILATES	18.00 - 19.30 TRIPADA YOGA BASIC	18.00 - 19.30 TRIPADA YOGA BASIC PLUS	18.00 - 19.30 TRIPADA YOGA MEDIATE	18.00 - 19.30 TRIPADA YOGA BASIC für Schwangere	18.00 - 19.30 TRIPADA YOGA BASIC PLUS	18.00 - 19.30 TRIPADA YOGA MEDIATE	18.00 - 19.30 TRIPADA YOGA BASIC PLUS	16:45 - 17:45 TRIPADA YOGA BASIC für Kinder 10-13	
	20.00 - 21.30 TRIPADA YOGA BASIC PLUS	20.00 - 21.30 TAI CHI		20.00 - 21.30 Progressive Muskel- entspannung Start: 10.10.17	20.00 - 21.30 TRIPADA PILATES			20.00 - 21.30 TRIPADA YOGA MEDIATE	20.00 - 21.30 Autogenes Training 8 Termine Start: 09.11.17	20.00 - 21.30 TRIPADA YOGA BASIC PLUS	20.00 - 21.30 TRIPADA PILATES		20.00 - 21.30 TRIPADA PILATES	