



Kursplan gültig ab 02.Januar 2019

Montag

10.00 – 11.30	Yoga alle Level
18.30 – 19.30	Yoga Level 1
20.00 – 21.30	Yoga Level 1-2

Dienstag

09.00 – 10.00	Pilates alle Level
11.00 – 12.00	Yoga für Senioren
18.00 – 19.30	Yoga Level 1
20.00 – 21.00	Pilates alle Level

Mittwoch

08.00 – 09.00	Early Bird Yoga alle Level
10.00 – 11.30	Yoga Level 1
17.00 – 18.00	Yoga alle Level
18.15 – 19.15	Pilates alle Level
19.30 – 21.00	Yoga alle Level

Donnerstag

18.00 – 19.00	Pilates alle Level
19.30 – 21.00	Yoga alle Level

Freitag

08.00 – 09.00	Early Bird Yoga alle Level
10.00 – 11.00	Pilates alle Level
17.00 – 18.00	Pilates alle Level
18.30 – 20.00	Yoga Level 1-2

Sonnabend

10.00 – 11.30	Yoga alle Level
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Sonntag

11.00 – 12.00	Pilates alle Level
18.00 – 19.30	Yoga alle Level

Zeitfenster Pankow

Zentrum für Naturheilkunde, Yoga und Pilates