



Kursprogramm 2019

| | | |
|-------------------|--|--------------------------|
| Montag | 09.00 – 10.30 Yoga alle Level 17.00 – 18.00 Yoga Level 1 18.30 – 19.30 Yoga Level 1 20.00 – 21.30 Yoga Level 1-2 | NEU NEU |
| 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 | |
| Sonntag | 09.30 – 10.30 Pilates alle Level 11.00 – 12.00 Pilates alle Level 18.00 – 19.30 Yoga alle Level | NEU |

Zeitfenster Pankow

Zentrum für Naturheilkunde, Yoga und Pilates

Kreuzstraße 8 · 13187 Berlin · tel. 030 49001944 · mobil 0171 4524366

info@zeitfenster-naturheilpraxis.de · www.zeitfenster-naturheilpraxis.de