

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9:00-10:00

**BASIC FLOW**

● with Miri

9:30-10:45

**POWER YOGA  
& MEDITATION**

● with Sarah

9:30-10:45

**MORNING  
FLOW**

● with Julia

17:00-18:15  
**FLOW**

● with Theo

18:00-19:00  
**BASIC FLOW**

● with Julia

18:00-19:00  
**FLOW**

with Anja (Vertr.)

18:00-19:00  
**SPIRITUAL  
WARRIOR**

with Theo

18:00-19:00  
**THERAPEUTIC**

● with Sarah

19:00-20:30  
**JIVAMUKTI**

● with Martina (Vertr.)

19:30-20:30  
**DEEP STRETCH**

with Sarah

19:30-20:30  
**FLOW**

with Julia

19:30-20:30  
**WARRIOR  
FLOW**

● with Anja (Vertr.)

19:30-20:30  
**YIN**

● with Theo

● AUCH ONLINE VERFÜGBAR