

# STUNDENPLAN SOMMER 2020

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
	Lotus	Prana	Yama	Lotus	Prana	Yama	Lotus	Prana	Yama	Lotus	Prana	Yama	Lotus	Prana	Yama	Lotus	Prana	Yama	Lotus	Prana	Yama
VORMITTAG					7-8 h MORNING YOGA (AL)						8-9:15 h MORNING FLOW (AL)										
		9-10:15 h INTENSIVE FLOW (AL)			9-10:15 h SUNRISE (*)			9-10:15 h YOGA WALL (AL)			9:30-10:30 h MAMAS & BABYS			9:15-10:30 h SUNNY SIDE UP (AL)				9-10:15 h WEEKEND WELCOME YOGA (AL)			
					10:30-11:45 h HAPPY BELLY (Yoga für Schwangere)						11-12:15 h LATE SUNRISE (auch f. Schwang.) (* )			+ online ZOOM				10:30-11:45 h WEEKEND BLISS (AL)			9:30-10:45 h SUNDAY MORNING YOGA (AL)
NACHMITTAG								12:45-14 h LUNCH YOGA (AL)													
											15-16:15 h GKK geschlossene Gruppe			14-15:15 h BODY & SOUL (AL)							
	16:30- 17:30 h YOGA KENNT KEIN ALTER (AL)	16:45-18 h YOGA FÜR NACKEN & RÜCKEN (*)			16:30-17:45 h YIN YOGA (AL) ab 14. September			16:15-17:30 h HAPPY BELLY Yoga für Schwangere			16:30-17:45 h CORE YOGA / YOGA THERAPIE (AL)			15:30 - 17 h FLOWING PRANA 10.-24.7./28.8./4.-25.9.							
ABEND					18-19:15 h LUNA YOGA / FORREST YOGA (AL)																
		18:15-19:30 h BODY & SOUL (AL)				17:45-19:15 h BASISKURS September		17:45-19 h BODY & SOUL (AL)													
		+ online ZOOM			19:45-21 h POWER & BALANCE (**) David			19:30-20:45 h YOGA FÜR NACKEN & RÜCKEN (AL)			18-19:15 h ASHTANGA VINYASA (AL)										18-19:15 h SUNSET YOGA & MEDITATION (AL)
	19:45-21 h YOGA IN ENGLISH (AL)			+ online ZOOM			+ online ZOOM			19:30-20:45 h YOGA BASICS OPEN (AL)											

open à 75 Minuten
  Kurse
  online über Zoom
  outdoor

aktueller Stundenplan online: [www.cityyoga.at/stundenplan](http://www.cityyoga.at/stundenplan)