

JAYA Stundenplan 23.1.- 29.1.'12

KURSE: **YOGA** **BABY/MUTTER** **KINDER**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			08.00-08.45 Meditation Annet			
	09.15-10.45 Pekip Birgit		09.00-10.15 Anusara Inspired Yoga basic Annet	09.15-10.45 Pekip Grit	10.30-11.45 Yoga Fit Melanie	
10.00-11.00 Rückbildung mit Baby Alexandra	11.00-12.30 Pekip Birgit		11.00-12.00 Mutter-Baby-Yoga Rebecca	11.00-12.30 Pekip Grit		
		13.30-14.30 Mutter-Baby-Yoga Jenny	12.30-13.30 Lunch Yoga Rebecca			
	13.30-15.00 Pekip Birgit	15.20-16.05 Kinder Turnen 15-23 Monate Jenny	16.00-16.45 Kinder Yoga 4-7 Jahre Thais	15.15-16.00 Kinder Turnen 2,5 - 3,5 Jahre Sonja		
15.00-16.00 Babymassage Grit	15.00-16.30 Pekip Birgit	16.10-16.55 Kinder Turnen 34-36 Monate Jenny	17.00-18.00 Kinder Yoga 8-11 Jahre Thais	16.30-17.15 Capoeira 4-6 Jahre Tama		
17.30-18.30 Schwangeren Yoga Annet		17.30-18.30 Schwangeren Yoga Jenny				
18.45-20.00 Souljyoga Yoga basic Annet	18.45-20.00 Anusara Inspired Yoga medium Annet	18.45-20.00 Yoga all levels Jenny	19.00-20.15 Anusara Inspired Yoga basic Annet	19.00-20.15 Yoga Flow For All 2./3./4. Fr im Monat Günther		18.45-20.00 Sweet Sunday Flow Yoga Selina
20.15-21.30 Vinyasa Flow Yoga all levels Annet	20.30-21.45 Anusara Inspired Yoga all levels Annet	20.15-21.30 Yoga all levels Jenny	20.30-21.45 Slow Flow & Deep Stretch All Levels Cathy	19.00-20.15 Trance Dance Jeden 1. Fr im Monat Cathy		

