

Sommerstundenplan (1. Juli bis 31. August 2026)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	9:30 – 11:00 Kundalini Yoga STUDIO / ONLINE	9:30 – 11:00 Kundalini Yoga STUDIO / ONLINE	10:00 – 11:30 Mama & Baby Yoga * STUDIO	9:30 – 11:00 Kundalini Yoga STUDIO / ONLINE	9:30 – 11:00 Kundalini Yoga STUDIO / ONLINE	
17:30 – 18:45 Hatha Yoga STUDIO / ONLINE / EN	17:30 – 19:00 KY für Anfänger STUDIO / ONLINE		17:30 – 19:00 Yoga für Schwangere* STUDIO	17:00 – 18:30 Kundalini Yoga STUDIO / ONLINE		17:30 – 19:00 Kundalini Yoga STUDIO / ONLINE
19:10 – 20:40 Kundalini Yoga STUDIO / ONLINE	19:10 – 21:00 KY Advanced STUDIO / ONLINE	19:10 – 20:40 Kundalini Yoga STUDIO / ONLINE	19:10 – 20:40 Hatha Yoga STUDIO / ONLINE			

* Termine online.