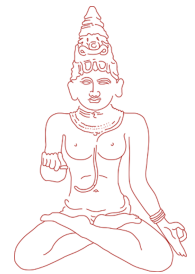


Wer unterrichtet welche Klassen: **November 2016**

Montag – Freitag öffnet das Studio: Morgens: 7 Uhr, Openingchant: 7:15 Uhr

Abendes: 18 Uhr, Openingchant: 18:30 Uhr



**KW 44:** 31. Oktober – 6. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:30–7 Zazen		6:30–7 Zazen			
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Dragos		9:15 – 9:45 Meditation
					10 Mysore Astrid/Dragos	10 Led Class Cathrin
18:30 –20:30 Mysore Astrid	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Astrid	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Gigi		17:30 Mysore Astrid

**KW 45:** 7. – 13. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:30–7 Zazen		6:30–7 Zazen			
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin	7 - 10 Mysore Dragos	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin		9:15 – 9:45 Meditation
					10 Mysore Cathrin/Katy	10 Led Class Cathrin
18:30 –20:30 Mysore Astrid	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Astrid	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Gigi		17:30 Mysore Gigi

**KW 46:** 14.– 20. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:30–7 Zazen		6:30–7 Zazen			
○ <b>Full Moon</b>	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Dragos		9:15 – 9:45 Meditation
					10 Mysore Astrid/ Dragos	10 Led Class Cathrin
18:30 <b>Moonpractice</b> Astrid	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Gigi	18:30 –20:30 Mysore Cathrin	18:30 – 20:30 Mysore Astrid		17:30 Mysore Gigi

**KW 47:** 21.– 27. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:30–7 Zazen		6:30–7 Zazen			
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin		9:15 – 9:45 Meditation
					10 Mysore Cathrin/ Dragos	10 Led Class Cathrin
18:30 –20:30 Mysore Cathrin	18:30 – 20:30 Mysore Cathrin	18:30 – 20:30 Mysore Astrid	18:30 –20:30 Mysore Cathrin	18:30 – 20:30 Mysore Gigi		17:30 Mysore Astrid