



wer unterrichtet welche Klassen: November 2018

Montag – Freitag: Morgens: Openingchant um 7:00 Uhr
Abends: das Studio öffnet um 18 Uhr, Openingchant um 18:30 Uhr

KW 44. 29. Oktober – 4. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20–6:50 Zazen		6:20–6:50 Zazen			
7 - 10 Mysore Cathrin	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Andrea/Katrin	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Andrea/Katy		9:15 – 9:45 Zazen
					10 Mysore Andrea/Cathrin	10 Led Class Andrea
18:30–20:30 Mysore Marie/Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid		17:30 Mysore Marie

KW 45. 5. – 11. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20–6:50 Zazen		6:20–6:50 Zazen			
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Katrin	● new moon	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Gigi/Katy		9:15 – 9:45 Zazen
					10 Mysore Astrid/Dragos	10 Led Class Gigi
18:30–20:30 Mysore Marie	18:30–20:30 Mysore Marie	18:30 Moonpractice Andrea	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid		17:30 Mysore Astrid

KW 46. 12. – 18. November

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin/Gigi	7 - 10 Mysore Cathrin /Dragos	7 - 10 Mysore Cathrin /Marie	7 - 10 Mysore Cathrin/Katy		9:15 – 9:45 Zazen
					10 Mysore Cathrin/Dragos	10 Led Class Cathrin
18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid	17:00 – 18:30 Yin Yoga Marie	17:30 Mysore Gigi

KW 47. 19. – 25. November

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

KW 48. 26. November – 2. Dezember

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