

wer unterrichtet welche Klassen: April 2019

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



KW 14. 1. – 7. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		6:15* free practice	6:15* free practice			
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	● new moon		9:15 – 9:45 Meditation
					10:00 Mysore Andrea/Dragos	10:00 Led Class Andrea
18:30–20:30 Mysore Marie/Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30–20:00 Moonpractice Andrea		17:30 Mysore Cathrin

KW 15. 8. – 14. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:15* free practice	6:15* free practice	6:15* free practice	6:15* free practice		
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Andrea/Katy		9:15 – 9:45 Meditation
					10:00 Mysore Andrea/ Dragos	10:00 Led Class Primary /Intermediate Andrea/Cathrin
18:30–20:30 Mysore Marie	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid		17:30 Mysore Astrid

KW 16. 15. – 21. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:15* free practice	6:15* free practice	6:15* free practice	Karfreitag		Ostern
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	○ Full Moon		9:15 – 9:45 Meditation
				10:00 Moonpractice Andrea	10:00 Mysore Andrea/Dragos	10 Led Class Cathrin
18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Cathrin			

KW 17. 22. – 28. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Ostern		6:15* free practice	6:15* free practice			
	7 - 10 Mysore Cathrin/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Cathrin/ Katy		9:15 – 9:45 Meditation
10:00 Mysore Cathrin					10:00 Mysore Cathrin/Astrid	10:00 Led Class Cathrin
	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid	17 Uhr Hatha Yoga Cathrin	17:30 Mysore Gigi

6:15* free practice: open for selfpractice (Pranayama, Meditation or you can even start your Ashtanga practice earlier). 7:00 Chant.