

July 19th to August 1st 2021

All classes will be taught in the studio, the classes with * you can also join via Zoom.

To take part **in the classes in the studio**, you have to sign in on the doodle list.

As the number of participants is now limited to **14**.



week 29 July 19. – 25.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio opens 6:45	Studio opens 6:45	Studio opens 6:45	Studio opens 6:45	Studio opens 6:45		
7:00 - 10:00 Mysore Cathrin	7:00 - 10:00 Mysore * Cathrin	7:00 - 10:00 Mysore * Alexandra	7:00 - 10:00 Mysore * Andrea	7:00 - 10:00 Mysore * Andrea	O full moon	9:00 – 9:45 Meditation + Pranayama * Andrea
Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !		
					10:00 * Moonpractice Andrea	10:00-11:30 Led Class * Primary Series Andrea
	12 -13 * Led Class Half Primary Only on Zoom!! Cathrin					
	17:30 Meditation Cathrin	17:30 Meditation Cathrin				
Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 17:45		17:30 * Mysore Astrid
18:30 – 20:30 Mysore Marie	18:30 – 20:30 Mysore * Cathrin	18:30- 20:00 Led Class * Cathrin	18:30 – 20:30 Mysore Astrid	18:00 – 20:00 Mysore Alexandra		
Begin bis 19:15	Begin bis 19:15		Begin bis 19:15	Begin bis 19:15		

week 30 July 26. – August 1.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio opens 6:45	Studio opens 6:45	Studio opens 6:45	Studio opens 6:45	Studio opens 6:45		
7:00 - 10:00 Mysore Alexandrea/ Astrid	7:00 - 10:00* Mysore Andrea	7:00 - 10:00* Mysore Andrea	7:00 - 10:00* Mysore Andrea	7:00 - 10:00* Mysore Cathrin	8:15 – 9:45 Mysore Alexandra	9 – 9:45* Meditation + Pranayama Andrea
Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !	Beginn 7:00 oder 8:30 !		
					10 - 11:30 Mysore * Cathrin	10 - 11:30 Led Class * Primary Series Andrea
	12 -13 * Led Class Half Primary Only on Zoom! Astrid					
	17:30 Meditation Cathrin	17:30 Meditation Cathrin				
Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 17:45		17:30 * Mysore Cathrin
18:30 – 20:30 Mysore Marie	18:30 – 20:30 Mysore * Cathrin	18:30- 20:00 Led Class * Cathrin	18:30 – 20:30 Mysore Astrid	18:00 – 20:00 Mysore * Cathrin		
Begin bis 19:15	Begin bis 19:15		Begin bis 19:15	Begin bis 18:30		