

# Kursplan

18.10.2021 - 24.10.2021

YogaBodySoul  
 Johann-G.-Gutenberg-Str. 30  
 82140 Olching  
 08142 4188916  
 info2@ladies-fitness.de



Montag 18.10.2021	Dienstag 19.10.2021	Mittwoch 20.10.2021	Donnerstag 21.10.2021	Freitag 22.10.2021	Samstag 23.10.2021	Sonntag 24.10.2021
<p>17:00 - 18:30 Yoga (Basic)</p> <p>18:30 - 19:45 Iyengar Yoga Basic Alwin</p>	<p>18:30 - 20:00 Faszien Yoga (Basic... Ulla</p> <p>20:00 - 21:15 Yoga Advanced Fatmir</p>	<p>10:00 - 11:15 Yoga Medium (All Le... Erdi</p> <p>17:30 - 18:45 Präventionskurs Hat... Fatmir</p> <p>19:00 - 20:30 Ashtanga Yoga (Medi... Bernd</p>	<p>09:00 - 09:45 bodyArt (All Levels... Erdi</p> <p>10:15 - 11:45 Faszien Yoga (Basic... Ulla</p> <p>18:30 - 19:45 Iyengar Yoga Alwin</p> <p>20:00 - 21:15 Yoga Flow (All Leve... Sandra</p>	<p>17:00 - 18:30 Faszien Yoga (Basic... Ulla</p>		<p>11:00 - 12:30 Yoga Medium (All Le... Ulla</p> <p>17:00 - 18:15 Yoga (Basic)</p>