Kursübersicht Yoga-Zentrum Jena

Montag

Raum 1	Raum 2	LuWe
		10:30 **Franzi** 60min (P) Mütter/Baby
		12:00 **Franzi** 60min (H) Grundkurs
16:45 **André** 90min (P) Grundkurs	~~**16:45** **Chris** 90min Senioren~~	
18:30 **André** 90min (H) Fortgeschr.	**18:30** **Chris** 90min (P) Grundkurs	
20:15 **André** 75min (H) Grundkurs		

Dienstag

Raum 1	Raum 2	LuWe
16:30 **André** 90min (P) Grundkurs	**17:00** **Gabi** 60min (Z) Power-Yoga	**16:30** **Franzi** 75min (P) Grundkurs
18:15 **André** 90min (P) Fortgeschr.	**18:15** **Gabi** 90min (P) Power-Yoga	**18:05** **Franzi** 60min (H) Poweryoga
20:00 **André** 75min (H) Meditation	**20:00** **Gabi** 75min (P) Power-Yoga	**19:30** **Franzi** 90min (H) Schwangere

Legende:

(P) Präsenz

(H) Hybrid / vor Ort & Zoom

(Z) Zoom

Mittwoch

Raum 1	Raum 2	LuWe
07:30 **André** 60min (H) Grundkurs		
09:00 **André** 90min (H) Grundkurs		
16:45 **Gabi** 90min (H) Yin & Yang	~~**16:45** **Tobias** 90min Grundkurs~~	
18:30 **Tobi** 90min (P) Grundkurs	~~**18:30** **Gabi** 90min (P) Power-Yoga~~	
20:15 **Tobi** 75min (P) Fortgeschr.		

Donnerstag

Raum 1	Raum 2	LuWe
		10:00 **Franzi** 90min (P) Senioren
~~**17:00** **Gabi** 90min Yin & Yang~~	**17:00** **Babett** 90min (P) IyengarYoga	**17:00** **Ines** 90min (P) Grundkurs
18:45 **Gabi** 90min (P) Power-Yoga	~~**18:45** **Sabine** 90min Grundkurs~~	**18:45** **Ines** 90min (Z) Fortgeschr.
20:30 **Gabi** 60min (H) Yin & Yang		

Freitag

Raum 1	Raum 2	LuWe
08:00 **Gabi** 60min (H) Power-Yoga		
		17:00 **Nadine** 90min (P) Grundkurs
18:00 **André** Yogalehrer-Ausbildung		