

# Sommerprogramm Yoga-Zentrum Jena

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			
Raum 1	Raum 2	LuWe	Raum 1	Raum 2	LuWe	Raum 1	Raum 2	LuWe	Raum 1	Raum 2	LuWe	Raum 1	Raum 2	LuWe	
		<b>10:30</b> <b>Franzi</b> 60min (H) Mütter/Baby <b>12:00</b> <b>Franzi</b> 60min (H) Grundkurs						<b>07:30</b> <b>André</b> 90min (P) Grundkurs <b>09:30</b> <b>André</b> 90min (H) Grundkurs			<b>08:30</b> <b>Franzi</b> 75min (H) Schwangere <b>10:00</b> <b>Franzi</b> 90min (P) Senioren <b>12:00</b> <b>Franzi</b> 45min (P) Meditation <b>14:45</b> <b>Wiebke</b> 60min (P) Grundkurs			<b>08:00</b> <b>Gabi</b> 60min (H) Power-Yoga	<b>Sa 10:00</b> <b>Maarten</b> 90min (P) Grundkurs
					<b>15:00</b> <b>Franzi</b> 75min (P) Schwangere										
<b>16:45</b> <b>André</b> 90min (P) Grundkurs		<b>17:00</b> <b>Tina</b> 60min (P) Grundkurs	<b>16:30</b> <b>André</b> 90min (P) Grundkurs	<b>17:00</b> <b>Gabi</b> 60min (P) Power-Yoga	<b>16:30</b> <b>Franzi</b> 75min (H) Grundkurs	<b>16:45</b> <b>Gabi</b> 90min (H) Yin & Yang			<b>17:00</b> <b>Babett</b> 90min (P) IyengarYoga	<b>17:00</b> <b>Gabi</b> 90min (P) Yin & Yang	<b>17:00</b> <b>Maarten</b> 90min (P) Grundkurs			<b>17:00</b> <b>Nadine</b> 90min (H) Grundkurs	
<b>18:30</b> <b>André</b> 90min (H) Fortgeschr.	<b>18:30</b> <b>Chris</b> 90min (P) Grundkurs		<b>18:15</b> <b>André</b> 90min (P) Fortgeschr.	<b>18:15</b> <b>Gabi</b> 90min (P) Power-Yoga	<b>18:05</b> <b>Franzi</b> 60min (H) Poweryoga	<b>18:30</b> <b>Tobi</b> 90min (H) Grundkurs	<b>18:45</b> <b>Sabine</b> 90min (P) Grundkurs		<b>18:45</b> <b>Gabi</b> 90min (H) Power-Yoga	<b>18:45</b> <b>Babett</b> 90min (H) Anti-Stress	<b>19:00</b> <b>Sabine</b> 90min (P) Iyengar				
<b>20:15</b> <b>André</b> 90min (H) Grundkurs			<b>20:00</b> <b>André</b> 75min (H) Grundkurs	<b>20:00</b> <b>Gabi</b> 75min (P) Power-Yoga	<b>19:30</b> <b>Franzi</b> 90min (H) Schwangere			<b>20:30</b> <b>Gabi</b> 60min (H) Yin & Yang						<b>18:00</b> <b>André</b> Yogalehrer- Ausbildung	

**Legende:**  
 (P) Präsenz  
 (H) Präsenz & Zoom  
 (Z) Zoom