

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:30		
				FUNCTIONAL YOGA Yana 90 min		
10:00	10:00	10:00	10:00	10:00	10:00	
YOGA THERAPY <i>with a hammock</i> Kadriya 90 min	FUNCTIONAL YOGA Yana 90 min	ANTIGRAVITY YOGA Yulia 90 min	FUNCTIONAL YOGA Yana 90 min	ANTIGRAVITY YOGA Yulia 90 min	YOGA THERAPY <i>with a hammock</i> Kadriya 90 min	
	12:00	12:00	12:00	12:00	13:00	
	PILATES Dariya 60 min	THE HEALTHY BACK PROGRAMM <i>Iyengar's method</i> Yulia 90 min	PILATES Dariya 60 min	KUNDALINI YOGA Irina 90 min	FLOW YOGA Joanna 60 min	
13:00	13:00	13:00	13:00	14:00	14:00	
FLOW YOGA Joanna 60 min	AERIAL YOGA Lilia 60 min	YIN YOGA Joanna 60 min	AERIAL YOGA Lilia 60 min	AERIAL YOGA Irina 90 min	YIN YOGA Joanna 60 min	
16:00	16:00	16:00				16:00
KUNDALINI YOGA Irina 90 min	THE HEALTHY BACK PROGRAMM <i>Iyengar's method</i> Lyasan 90 min	KUNDALINI YOGA Irina 90 min				PILATES Lilia 60 min
18:30	18:30	18:30	18:30			17:00
AERIAL YOGA Irina 60 min	HATHA YOGA Olga 60 min	AERIAL YOGA Irina 60 min	HATHA YOGA Olga 60 min			AERIAL YOGA Lilia 60 min