

# AIRYOGA Stundenplan ab Montag, 16. Januar 2017

AIRYOGA Blumenstrasse 6, 1. Etage / Schranenhalle 80331 München Tel. 089 - 23 22 59 30 www.airyoga.com

| MONTAG   | DIENSTAG  | MITTWOCH   | DONNERSTAG   | FREITAG   | SAMSTAG   | SONNTAG  |
|--|---|--|--|---|---|--|
|  | 7:00 Early Bird Yoga<br>Alle Levels (75 min)<br>Verena  |  |  | 7:00 Early Bird Yoga<br>Alle Levels (75 min)<br>Otana |   |  |
|  | 9:00 Vinyasa Flow<br>MEDIUM (90 min)<br>Otana           | 9:00 Yoga Dance<br>Alle Levels (90 min)<br>Jack          | 9:00 Vinyasa Flow<br>BASIC (90 min)<br>Sanne           |   |   |  |
| 10:30 Anusara Yoga<br>Alle Levels (90 min)<br>Verena | 10:45 Free Floating Yoga<br>BASIC (75 min)<br>Claudia   | 10:30 Vinyasa Flow<br>BASIC (90 min)<br>Diana            | 10:45 Free Floating Yoga<br>MEDIUM (75 min)<br>Claudia | 10:30 Anusara Yoga<br>MEDIUM (90 min)<br>Verena       | 10:30 ISHTA Yoga<br>MEDIUM (90 min)<br>Sabine W.  | 11:00 Vinyasa Yoga<br>MEDIUM (90 min)<br>Diana       |
|  |   |  |  |   |   |  |
| 12:15 Lunch Flow<br>MEDIUM (60 min)<br>Sanne         | 12:15 Destressify Lunch<br>BASIC (75 min)<br>Bettina A. | 12:15 Lunch Flow<br>Level 2 (60 min)<br>Diana            | 12:15 Hatha Lunch<br>MEDIUM (75 min)<br>Bettina N.     | 12:15 Lunch Flow<br>Alle Levels (60 min)<br>Sonja     | 12:15 Vinyasa Flow<br>BASIC (90 min)<br>Birgit    |  |
|  |   |  |  |   |   |  |
| 16:45 Yin Yoga PLUS<br>Alle Levels (90 min)<br>Tanja | 16:45 Anusara Yoga<br>Alle Levels (90 min)<br>Verena    | 16:45 Asthanga LED<br>Alle Levels (90 min)<br>Bettina A. | 16:45 Anusara Yoga<br>BASIC (90 min)<br>Verena         | 17:00 Anusara Yoga<br>Alle Levels (90 min)<br>Kerstin | 17:00 Yin Yoga<br>Alle Levels (90 min)<br>Tanja   | 17:00 Ashtanga LED<br>BASIC (90 min)<br>Bettina A.   |
| 18:15 Anusara Yoga<br>MEDIUM (90 min)<br>Verena      | 18:15 Hatha Yoga<br>BASIC (90 min)<br>Bettina N.        | 18:15 Anusara Yoga<br>Alle Levels (90 min)<br>Marion     | 18:15 Vinyasa Flow<br>MEDIUM (90 min)<br>Jack          |   |   |  |
| 20:00 Vinyasa Flow<br>BASIC (90 min)<br>Jack         | 20:00 Back & Hips<br>Alle Levels (90 min)<br>Martin     | 20:00 Vinyasa Flow<br>Alle Levels (90 min)<br>Otana      | 20:00 Yin Yoga<br>Alle Levels (90 min)<br>Tanja        | 18:45 Vinyasa Flow<br>MEDIUM (90 min)<br>Sabine W.    | 18:45 Yoga Nidra<br>Alle Levels (75 min)<br>Tanja | 18:45 Yin Yang Yoga<br>Alle Levels (90 min)<br>Tanja |

Level 1: Basic  
 Level 2: Medium  
 Level 3: Fortgeschrittene  
 Alle Levels: Für jeden geeignet - Yoga-Grundkenntnisse müssen vorhanden sein

Für kurzfristige Lehrer- und Stundenplanänderungen Wochenstundenplan auf [www.airyoga.com](http://www.airyoga.com) konsultieren.