

Kursplan Winter/Frühjahr – Inside Yoga Frankfurt City

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00 - 08:00h		InsideYoga Lv.1 Katharina		InsideYoga Lv.1 Katharina			
09:00 - 10:00h							InsideYoga Lv.1 Malvine
10:00 - 11:15h		InsideYoga Lv.1 Jang-Ho		InsideYoga Lv.1 Young-Ho	InsideYoga Start Up Laura Lv.0		
12:30 - 13:30h	Triyoga Lv.1 Christiane	InsideYoga Lv.1 Jang-Ho	InsideYoga Lv.1 Young-Ho	InsideYoga Lv.1 Young-Ho	InsideYoga Lv.1 Laura		
12:30 - 13:45h						InsideYoga Lv.1 Manuela	InsideYoga Lv.1 Malvine Inside Hatha Yoga Lv.2 Rebecca
14:00 - 15:15h							Inside Hatha Yoga Lv.1 Rebecca
17:15 - 18:15h	InsideYoga Lv.1 Andrea	InsideYoga BackCare Hie Lv.1		InsideYoga BackCare Katharina Lv.1			
17:00 - 18:30h						InsideYoga Lv.2 Andrea/Laura/Manuela	
18:15 - 19:30h					InsideYoga Lv.1 Alexey		
18:45 - 20:00h	InsideYoga Stretch Hie Lv.1	InsideYoga Lv.1 Jang-Ho	InsideYoga Lv.2 Alexey	InsideYoga Start Up Manuela Lv.0			
19:00 - 20:15h	InsideYoga Lv.1 Alexey	InsideYoga Lv.1 English Class - Ilke		Inside Qi-Gong Lv.0 Jang-Ho			
19:30 - 20:45h					InsideYoga Stretch Lv.1 Hie		
20:15 - 21:30h	InsideYoga Start Up Malvine Lv.0	InsideYoga Lv.2 Jang-Ho	InsideYoga Stretch Young-Ho Lv.1	InsideYoga Lv.2 Young-Ho			

