

HERMANS

WOHNZIMMER

YOGAPLAN

	Montag / Monday	Dienstag / Tuesday	Mittwoch / Wednesday	Donnerstag / Thursday	Freitag / Friday	Samstag / Saturday	Sonntag / Sunday
7h-8h	PARVATI YOGA 07.30-08.30		YOGA WITH FRIENDS 07.30-08.30	CINDY* 7.00-08.15 LUOS living aware			
8h-9h			ANOUK 08.45-10.00 Yo! Ga. Raps				
9h-10h	coming soon			LISA / MEIN TEMPEL* 10.00-11.00		POP UP YOGA* 09.30-11.00 Ciara	WE ARE YOGA 10.30-11.45
10h-11h						LISA / MEIN TEMPEL 11.15-12.15	
11h-12h			THORSTEN 12.00-13.00	YOGA WITH FRIENDS 12.15-13.15	SOMO YOGA 12.00-13.00		
12h-13h	coming soon						
13h-14h							
14h-15h							
15h-16h							YOGA LIA 15.00-16.30
16h-17h							
17h-18h							coming soon
18h-19h	THORSTEN 18.00-19.00	CINDY* 18.00-19.15 LUOS living aware	PARVATI YOGA 18.00-19.15		SOMO YOGA 18.15-19.30 Meditation bis 20.00		
19h-20h	WE ARE YOGA 19.30-20.45	DAVID 19.30-21.00 Yolo Yoga	POP UP YOGA* 20.00-21.30 Deddou	YOGA WITH FRIENDS 19.00-20.30			
20h-21h							
21h-22h							

*Anmeldungen sind nur über die jeweiligen Instrukoren möglich. / Reservations are only possible directly with the instructors.

CONTACT

Somo Yoga: www.somoyoga.ch

David: www.facebook.com/yoloyogazurich

Deddou: www.popupyoga.ch

Yoga With Friends: www.yogawithfriends.net

We are Yoga: www.facebook.com/WE-ARE-YOGA-248835988628801/

Lia: www.yoga-lia.ch

Lisa / Mein Tempel: www.meintempel.ch

Thorsten: www.facebook.com/yogamitthorsten/

Anna: <http://www.facebook.com/parvatiyoga>