



Unser Kursplan

Studio München 2026 Änderungen vorbehalten

	MO	DI	MI	DO	FR	SA	SO
7:00 - 10:00					7:15 Uhr Mindful Morning <i>mit Laura</i>	8:30 Uhr Morning Flow & Sound <i>mit Sabrina</i>	9:30 Uhr Morning Sound Meditation
10:00 - 11:00						Restorative Yin & Sound <i>mit Sabrina</i>	11 Uhr Vinyasa Flow <i>mit Esra</i>
17:30 - 18:30	Ashtanga Hour <i>mit Daisy</i>	BODYART® <i>mit Ariane</i>	Healthy Back <i>mit Beatrice</i>	Face Yoga <i>mit Anja</i>	Handstand Class <i>mit Anni</i>		12:30 Uhr Yin Yoga & Mindfulness <i>mit Esra</i>
19:00 - 20:00	Moon Yoga <i>mit Theresa</i>	Yoga & Mobility <i>mit Ariane</i>	Pilates Matwork <i>mit Zofia</i>	Yin Yoga & Mindfulness <i>mit Laura</i>	Candlelight Restorative Yoga <i>mit Jana</i>		18:30 Uhr Hatha Flow <i>mit Nadja</i>
20:30 - 21:30	Yoga Meets Pilates <i>mit Chiara</i>	Restorative & Yoga Nidra <i>mit Kerstin</i>	Deep Rest Hypnosis & Sound Bath <i>mit Sabrina</i>	Yoga Meets Pilates <i>mit Laura</i>		18 Uhr Special	Power Flow <i>mit Ana</i>