

Kursplan Ashtanga

Montag

Ashtanga Mysore ** <i>Raum 1 (alle Stufen)</i>	06:15 - 08:45
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Dienstag

Ashtanga Mysore ** <i>Raum 1 (alle Stufen)</i>	06:15 - 08:45
Ashtanga Mysore ** <i>Raum 2 Introduction for Beginners + regular Mysore style</i>	18:00 - 19:30

Mittwoch

Ashtanga Mysore ** <i>Raum 1 (alle Stufen)</i>	06:15 - 08:45
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Donnerstag

Ashtanga Mysore **	06:15 - 08:45
Ashtanga Mysore ** <i>Raum 2 (alle Stufen)</i>	18:00 - 19:30

Freitag

Ashtanga Led Class <i>Raum 1 (mit Vorkenntnissen)</i>	06:30 - 08:00
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Samstag

Sonntag

Ashtanga Mysore ** <i>Raum 1 (alle Stufen)</i>	08:00 - 10:30
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Ashtanga Led Class <i>Raum 2 (Anfänger)</i>	11:00 - 12:30
Ashtanga Mysore **	16:45 - 18:15
Ashtanga Mysore **	16:45 - 18:15