

# Sonntagsklassen April & Mai 2021

DATUM	ORT	ZEIT	KLASSE	LEVEL/ SPRACHE	LEHRER/IN
4. April	St. Johann	11:00- 12:30	<b>Starker Rücken</b> Hatha	1-2 D	Hervé
	Innenstadt	17:00- 18:15	<b>Light</b> Slow Vinyasa	1-2 E	Anika
11. April	St. Johann	11:00- 12:30	<b>Energy Flow</b> Vinyasa	1-2 E	Melanie
	Innenstadt	17:00- 18:15	<b>Slow Down</b> Slow Vinyasa	1 E	Pia
18. April	St. Johann	11:00- 12:30	<b>To the Moon and Back</b> Vinyasa	1-2 D	Tina
	Innenstadt	17:00- 18:15	<b>Yin &amp; Yang</b> Slow Vinyasa	1 E	Rahel
25. April	St. Johann	11:00- 12:30	<b>Let's Twist</b> Vinyasa	1-2 D	Elena
	Innenstadt	17:00- 18:15	<b>Ruhe &amp; Kraft</b> Hatha	1 D	Nico
2. Mai	St. Johann	11:00- 12:30	<b>Element Holz</b> Yin	1 D	Charlotte
	Innenstadt	17:00- 18:15	<b>Go with The Flow</b> Vinyasa	1-2 E	Rahel
9. Mai	St. Johann	11:00- 12:30	<b>The Deeper the Sweeter</b> Vinyasa	1-2 E	Melanie
	Innenstadt	17:00- 18:15	<b>Stamina</b> Hatha	1 E	Pia
16. Mai	St. Johann	11:00- 12:30	<b>Explore the Core</b> Hatha	1-2 D	Anika
	Innenstadt	17:00- 18:15	<b>Thoughts</b> Yin	1 E	Tina
23. Mai	St. Johann	11:00- 12:30	<b>Spirals</b> Slow Vinyasa	1-2 E	Charlotte
	Innenstadt	17:00- 18:15	<b>Innerer Frieden</b> Yin	1 D	Nora
30. Mai	St. Johann	11:00- 12:30	<b>Kundalini Vinyasa</b> Vinyasa	1-2 D	Anya
	Innenstadt	17:00- 18:15	<b>Activate and Recreate</b> Slow Vinyasa & Yin	1 E	Anika