

Sonntagsklassen April / Mai 2022

DATUM	ORT	ZEIT	KLASSE	LEVEL/ SPRACHE	LEHRER/IN
3. April	St. Johann	11:00- 12:30	Weite & Fokus Slow Vinyasa	1 D	Charlotte
	Innenstadt	17:00- 18:15	Grow Strong Hatha	1-2 D	Nora
10. April	St. Johann	11:00- 12:30	Birds Vinyasa	1-2 E	Anika
	Innenstadt	17:00- 18:15	Spring Break Hatha	1 D	Anika
17. April	St. Johann	11:00- 12:30	Oster-Flow Slow Vinyasa	1-2 D	Lea
	Innenstadt	17:00- 18:15	Heart Opening Vinyasa	1-2 D	Leila
24. April	St. Johann	11:00- 12:30	Move Into Stillness Vinyasa & Yin	1-2 D	Joana
	Innenstadt	17:00- 18:15	We Meet Again Slow Vinyasa	1-2 E	Pia
01. Mai	St. Johann	11:00- 12:30	Letting Go Yin	1 E	Nico
	Innenstadt	17:00- 18:15	Backbends Vinyasa	1-2 D	Anya
08. Mai	St. Johann	11:00- 12:30	Ladder Flow Vinyasa	1-2 D	Anya
	Innenstadt	17:00- 18:15	Root and Rise Slow Vinyasa & Yin	1 D	Lea
15. Mai	St. Johann	11:00- 12:30	Inner Fire Vinyasa	1-2 E	Melanie
	Innenstadt	17:00- 18:15	Follow Your Heart Slow Vinyasa	1 D	Joana
22. Mai	St. Johann	11:00- 12:30	Power Yoga Slow Vinyasa	1 D	Anika
	Innenstadt	17:00- 18:15	Move Your Core Hatha	1-2 E	Pia
29. Mai	St. Johann	11:00- 12:30	Happy Flow Vinyasa	1-2 D	Nora
	Innenstadt	17:00- 18:15	Body Weather Slow Vinyasa	1-2 E	Charlotte