

YogaKula Vienna Stundenplan

	MO	DI	MI	DO	FR	SA	SO
7:15		Open Flow ⁶⁰		Open Flow ⁶⁰			
7:30	Open Flow ⁶⁰		Open Flow ⁶⁰		Open Flow ⁶⁰		
8:30		Yoga Essentials 1 ⁷⁵					
9:00	Flow1 ⁹⁰	Basic ⁹⁰	Gentle Flow ⁹⁰	Gentle Flow ⁹⁰	Flow1 ⁹⁰	Flow2 ⁹⁰	Flow1 ⁹⁰
10:00	Pre-Natal ⁹⁰	Movement Mix ⁷⁵	Pre-Natal ⁹⁰			Yoga im Sofitel ⁹⁰	Restorative ⁹⁰
11:00		Gentle Flow ⁹⁰	Pilates ⁶⁰	Flow1 ⁹⁰	Gentle Flow ⁹⁰	Basic ⁹⁰	Gentle Flow ⁹⁰
12:10	Power Nap ⁶⁰	Power Nap ⁶⁰	Power Nap ⁶⁰	Power Nap ⁶⁰			
13:30	Mama Baby ⁷⁵		Mama Baby ⁷⁵				
14:00					Pre-Natal ⁹⁰		
15:00					Basic ⁹⁰		
15:30	Restorative Flow ⁹⁰	Core Flow ⁹⁰	Movement Mix ⁹⁰	Restorative Flow ⁹⁰			
16:00	Pilates ⁶⁰	Yin ⁹⁰		Kundalini ⁹⁰	Pilates ⁶⁰		
17:00					Flow1 ⁹⁰	Flow1 ⁹⁰	
17:30	Flow 2 ⁹⁰	Flow 1 ⁹⁰	Flow1 ⁹⁰	Flow2 ⁹⁰	Pranayma ⁶⁰		Flow1 ⁹⁰
18:00	Basic ⁸⁰	Pilates ⁶⁰	Pranayama ⁶⁰	Basic ⁸⁰			Basic ⁹⁰
19:00					Yin ⁹⁰		
19:30	Flow 1 ⁹⁰	Iyengar ⁹⁰	Yoga Essentials 2 ⁹⁰	Gentle Flow ⁹⁰			Yin ⁹⁰
19:30		Basic ⁹⁰					
19:45	Yin ⁷⁵		Restorative ⁷⁵				

Druckfehler und Änderungen vorbehalten. Aktueller Stundenplan unter www.yogakula.at/klassen

Beginners	Intermediate	All Levels	Advanced
Basic	Gentle Flow	Open Flow	Flow1
Yoga Essentials 1	Core Flow	Restorative Flow	Flow2
Iyengar	Restorative Flow	Power Nap	Movement Mix
Restorative / Yin	Pranayama	Pilates	Yoga Essentials 2
Pilates	Kundalini	Restorative / Yin	