

CLASSES

MON

TUE

WED

THU

FRI

SAT

SUN

07:00-
08:00

CLEAR 60
SATWIK | EN

CLEAR 60
SATWIK | EN

08:20-
09:20

CLEAR 60
NIHEL | EN

CLEAR 60 **GRND 60**
SATWIK | EN TAJA | EN, DE

WS 60:
UPSIDE
DOWN
SATWIK | EN

09:40-
10:40

GRND 60 **PN 60**
SATWIK | EN TAJA | EN, DE

09:30-11:00
TAPAS 90
SATWIK | EN

11:00-12:00
PILATES 60
BEA | EN

13:45-14:45
CLEAR 60
BEA | EN

11:00-12:00
CLEAR 60
SATWIK | EN

12:15-13:15
PILATES 60
BEA | EN

15:00-16:00
GRND 60
BEA | EN

16:40-
17:40

GRND 60
ESZTER |
DE, EN

TAPAS 60
NIHEL |
EN

GRND 60
MICHAEL |
DE, EN

18:00-
19:00

TAPAS 60
ESZTER |
DE, EN

CLEAR 60
SATWIK | EN

GRND 60
NIHEL | EN

CLEAR 60
TAJA | EN, DE

CLEAR 60
SATWIK | EN

19:15-
20:15

ZUMBA 60
ROSI | DE

TAPAS 60 **GRND 60**
TAJA | EN, DE SATWIK | EN

CLASS LANGUAGE: EN: English DE: Deutsch

All classes are suitable for yoga newcomers, too. It may take several classes to get familiar with the experience, but fear not, simply do what you can do. The teacher guides you, and you can always adjust your pace, for example by how deep you go into a pose, or by how tight you control your breathing. What counts is the intention and direction, not how far you can go today – or ever.

by URAI S

ONKEY