

FERIENPROGRAMM ANAMAYA - August 2018

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
31			1	2	3	4	5
32	6 18:30 - 20:00 Uhr Yoga - Slow Flow Release with Ease (All Levels - 15€)	7	8	9 18:30 - 19:30 Uhr Pilates - BasicSerie (10€) 19:45 - 20:45 Uhr Yoga - Happy Hips (All Levels 10€)	10	11	12
33	13	14	15	16	17 18:00 - 19:30 Yogilates - Yoga meets Pilates (All Levels - 15€)	18	19
34	20 18:30 - 20:00 Uhr Yoga - Warming Vinyasa & Deep Relax (All Levels - 15€)	21	22	23 18:30 - 19:30 Uhr Pilates - Ring (10€) 19:45 - 20:45 Uhr Yoga - Open your Heart (All Levels 10€)	24	25	26
35	27	28 18:30 - 20:00 Uhr Yoga - Keep your Balance (All Levels - 15€)	29	30	31		