



TRAININGSPLAN

Mo	19:00 - 19:30	TAO-Yoga	Jana
Mo	19:38 - 20:53	Shaolin Qi Gong	Jan
.....			
Di	17:45 - 18:45	Kampf- & Heilkunst	Jan
Di	19:00 - 20:30	Capoeira	Marinheiro
.....			
Mi	18:30 - 19:30	TaeKwonDo	Jan
Mi	19:38 - 20:53	Vinyasa Flow Yoga	Jan
.....			
Do	18:00 - 19:00	Akro-Yoga	Jana & Jan
Do	19:00 - 19:45	Capoeira-Gesang	Inken
Do	19:45 - 21:15	Capoeira	Marinheiro
.....			
Fr	18:00 - 19:00	TKD & TaiChi	Jan
.....			
Mo	Sonnenaufgang	Agnihotra	15 min
Mo - Do	07:00 - 08:00	Morning Flow Yoga	Jan

im Haevn (Ehem. Denkerhof)

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HEILKUNST



QI GONG - YOGA