

# IYENGAR YOGA BONN

## Stundenplan ab Januar 2019

<b>Anfänger</b>		<b>Mi</b> 19.30 - 20.30	<b>Do</b> 18.15 - 19.15
<b>Basis I</b>	<b>Mo</b> 19.30 - 21	<b>Mi</b> 17.45 - 19.15	
<b>Basis II</b>	<b>Mo</b> 17.45 - 19.15		<b>Do</b> 19.30 - 21
<b>Basis II/III</b>			<b>Fr</b> 8.30 - 10
<b>Mittelstufe</b>		<b>Di</b> 19.30 - 21.30	<b>Fr</b> 17 - 19
<b>50+</b>	<b>Mo</b> 9 - 10.30		
<b>Frauen</b>		<b>Mi</b> 9.30- 11	

Stand Nov 2018