

# BALI YOGA WIEN STUNDENPLAN / SCHEDULE

ONLINE MARCH 2020

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00	8:00-9:15 BALI YOGA MORNING with Beate *OL	8:00-9:15 SLOW FLOW OL	8:00-9:15 BALI YOGA MORNING with Beate *OL		8:00-9:15 BALI YGA MORNING with Beate *OL		
09:00							
10:00						10:00 - 11:15 SLOW FLOW OL	10:00 - 11:15 POWER YOGA FLOW OL
11:00				11:00- 12:30 SENSIT YOGA SOMATICS OL			
12:00							
13:00							
14:00							
15:00							
16:00					16:00-17:15 VINYASA FLOW OL		
17:00							
18:00	17:30-18:45 KUNDALINI YOGA OL	17:30-18:45 POWER YOGA FLOW *OL	17:30-18:45 VINYASA FLOW OL	17:30-18:45 RÜCKEN YOGA OL	18:00-19:15 YIN YOGA for WOMEN OL	18:00-19:00 COMMUNITY CLASS OL	18:00-19:15 YIN YOGA OL
19:00							
20:00							
21:00							



\*English speaking teacher, but English anytime upon your request.

- OL - Open Level, für alle/4 all
- für Frauen
- BS – Buddha Shala (Second Yoga Room)
- BASIC – Anfänger/Beginners
- FREE: Community class, meditation

We are open 15min before practice .