

BALI YOGA WIEN STUNDENPLAN/SCHEDULE-ONLINE/STUDIO/HYBRID AUGUST 2020

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:00	7:00- 8:00 BALI YOGA MORNING with Beate HYBRID *OL	7:00-8:00 SUNRISE FLOW ONLINE OL	7:00- 8:00 BALI YOGA MORNING with Beate HYBRID *OL	7:00- 8:00 BALI YOGA BOOTCAMP HYBRID *OL	7:00- 8:00 BALI YOGA MORNING with Beate HYBRID *OL		
08:00							
09:00			8:30-9:00 MEDITATION & PRANAYAMA HYBRID - FREE - OL				
10:00	10:00 - 11:30 VINYASA FLOW STUDIO *OL					10:00 - 11:30 SLOW FLOW STUDIO OL	10:00 - 11:30 POWER YOGA FLOW HYBRID OL
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00					16:00-17:30 VINYASA FLOW HYBRID OL		
18:00	17:30-18:45 POWER YOGA FLOW HYBRID *OL	17:30-19:00 RÜCKEN YOGA STUDIO OL	17:30-18:45 VINYASA FLOW STUDIO OL	17:30-18:45 RÜCKEN YOGA HYBRID OL		18:00-19:00 FREE COMMUNITY CLASS HYBRID OL	18:00-19:30 YIN YOGA HYBRID OL
19:00		18:30-19:45 KUNDALINI YOGA HYBRID BS OL					
20:00	19:15-20:30 YIN YANG YOGA STUDIO *OL		19:15-20:30 YIN YOGA HYBRID OL	19:15-20:30 YIN YANG YOGA STUDIO *OL			
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