ergoVitas
... fühl Dich gut!

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
			07:30 - 09:00 ASHTANGA YOGA	
16:00 - 17:30 YOGA II				
17:45 - 19:15 YOGA I			17:00 - 18:30 Rücken-Yoga	
	18:00 - 19:30 YOGA II	18:15 - 19:45 YOGA II	19:00 - 20:30 YOGA III (Männer-Yoga, Fortgeschrittene)	
	19:45 - 21:15 VINYASA (III) (Flow-Poweryoga)			