

NOVEMBER YOGA

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 GO WITH THE FLOW 30 MINUTEN YOGA FLOW	2 60 min power yoga Flow to GLOW	3 AFTER WORK yin vinyasa fusion	4 40 Minutes FULL BODYyoga MUSIC ONLY
5 NEU	6 MORGEN YOGA dehnen + aktivieren	7 VINYASA FLOW 60Min	8 30Min yoga GANZKÖRPER FLOW	9 VINYASA yoga 45Minuten	10 AFTER WORK yoga	11 yoga MINIMAL CUE 45 Minuten
12 NEU	13 MORGEN YOGA flexibilität + balance	14 VINYASA YOGA 50Min	15 sanftes yoga happy body	16 yoga vinyasa flow 60Min	17 yin yoga FÜR REGENTAGE	18 yoga MINIMAL CUE 30 Minuten
19 NEU	20 MORGEN YOGA arme + schultern	21 YOGA FLOW Rücken & Hüften 40Minuten	22 ANTI STRESS sanftes yoga	23 HATHA VINYASA yoga	24 beweglichkeit &kraft VINYASA FLOW YOGA	25 SILENT YOGA MINIMAL CUE 15Minuten
26 NEU	27 MORGEN YOGA bauch, beine + core	28 Stay wild MOONCHILD yoga VINYASA FLOW	29 yoga FLOW 30Minuten KRAFT & BEWEGLICHKEIT	30 COMMUNITY BIRTHDAY SPECIAL 75 MIN VINYASA YOGA LIVE	1	2