# Trainingsplan Yoga Baden (Dojo Oederlin und Badhaus Windisch)

道 DO bewegt

**Ab August 2016, Änderungen vorbehalten. Kurzfristige Änderungen unter www.do-karate.ch/kalender**

| Kursangebot | | |
|---|---|---|
| **Sanftes Yoga** | **Mittel- & Kräftiges Yoga** | **Yoga rund um Schwangerschaft** |
| **Laufende Kurse** Einstieg möglich | **Laufende Kurse** Einstieg möglich | **Laufende Kurs** Einstieg möglich |

Einstieg in laufende Kurse auf Anfrage möglich, sofern die Voraussetzungen erfüllt und Plätze verfügbar sind.
Schauen Sie nach unter: www.do-yoga.ch oder rufen Sie uns an: 056 222 73 37

| | Montag | Dienstag | Mittwoch | | Donnerstag | | Freitag | Samstag |
|---|---|---|---|---|---|---|---|---|
| | Dojo Limmat | Dojo Limmat | Badhaus Windisch | Dojo Limmat | Dojo Mitte | Dojo Limmat | Dojo Limmat | Dojo Limmat |
| **6.45** | | **Yoga Early Bird** Nora | | | | | | |
| **07.00** | | | | | Dojoreinigung | | | |
| 07.15 | | | | | | | | |
| 07.30 | | | | | | | | |
| 07.45 | | | | | | | | |
| **08.00** | | | | | | | | |
| 08.15 | | | | | | | | |
| 08.30 | | | | **Yoga Für den Rücken** Franziska | | | **Yoga Sanft** Nora | |
| 08.45 | | | | | | | | |
| **09.00** | | | | | | | | |
| 09.15 | | | | | | | | |
| 09.30 | | | | | | | | |
| 09.45 | | | | | | | | |
| **10.00** | **Yoga** Nora Alex Start ab 8 Anmeldungen | | | **Yoga Plus** Franziska Start ab 8 Anmeldungen | | | **Yoga Rückbildung** Nora | **Yoga Sanft** Nora |
| 10.15 | | | | | | | | |
| 10.30 | | | | | | | | |
| 10.45 | | | | | | | | |
| **11.00** | | | | | | | | **Yoga** Nora |
| 11.15 | | | | | | | | |
| 11.30 | | | | | | | | |
| 11.45 | | | | | | | | |
| **12.00** | | | | | | | | |
| 12.15 | | | | | | | | |
| 12.30 | | | | | | | | |
| 12.45 | | | | | | | | |
| **13.00** | | | | | | | | |
| 13.15 | | | | | | | | |
| 13.30 | | | | | | **Yoga Sanft Für Frauen** Nora | | |
| 13.45 | | | | | | | | |
| **14.00** | | | | | | | | |
| 14.15 | | | | | | | | |
| 14.30 | | | | | | | | |
| 14.45 | | | | | | | | |
| **15.00** | | | | | | | | |
| 15.15 | | | | | | | | |
| 15.30 | | | | | | | | |
| 15.45 | | | | | | | | |
| **16.00** | | | | | | | | |
| 16.15 | | | | | | | | |
| 16.30 | | | | | | | | |
| 16.45 | | | | | | | | |
| **17.00** | | | | | | | | |
| 17.15 | | | | | | | | |
| 17.30 | | | | | | | | |
| 17.45 | | | | | | | | |
| **18.00** | | | | | | | | |
| 18.15 | | | | | | | | |
| 18.30 | | | **Yoga Windisch 1** Nora | | | | | |
| 18.45 | | | | | | | | |
| **19.00** | | **Yoga Schwangerschaft** Nora | | | **Yoga 1** Nora Alex | **Yoga 2** Franziska | | |
| 19.15 | | | | | | | | |
| 19.30 | | | | | | | | |
| 19.45 | | | | | | | | |
| 20.00 | | | | | | | | |
| **20.15** | | **Yoga** Nora | **Yoga Windisch 2** Nora | | | | | |
| 20.30 | | | | | | | | |
| 20.45 | | | | | | | | |
| 21.00 | | | | | | | | |
| 21.15 | | | | | | | | |