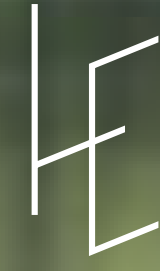


Kursplan.



ELLEN HOORMANN
yoga | physio | coaching

MO

17.15 | 75 Min
Yoga Gentle Flow

● Alle Level

19.15 | 75 Min
Happiness Meets Power

● Level II

DI

19.00 | 70 Min
Therapeutic Flow Easy Fit

● Alle Level

MI

09.00 | 75 Min
Yoga Lovely Morning

● Alle Level

10.30 | 75 Min
Yoga Wunderbare 60+

● Alle Level

DO

17.45 | 75 Min
Yoga Wilde & Free

○ ● Level I - II

19.15 | 60 Min
Yin Yoga

● Alle Level

FR

16.30 | 75 Min
It's Healthy

● Alle Level

Aktualisiert 11.2024 | (alle Level = auch für Einsteiger geeignet)



... auf die Matten,
fertig, **los!**