

# Trainingsplan Yoga Baden (Dojo Oederlin und Badhaus Windisch)

Ab Dezember 2017, Änderungen vorbehalten. Kurzfristige Änderungen unter [www.do-yoga.ch/kalender](http://www.do-yoga.ch/kalender)

| Kursangebot                        |                                    |                                   |
|------------------------------------|------------------------------------|-----------------------------------|
| Sanftes Yoga                       | Mittel- & Kräftiges Yoga           | Yoga rund um Schwangerschaft      |
| Laufende Kurse<br>Einstieg möglich | Laufende Kurse<br>Einstieg möglich | Laufende Kurs<br>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](http://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  |  |                                 |                       |  |                     |                                  |                             |                    |
| 07.00 |  | Yoga<br>Nora                    |                       |  | Dojoreinigung       |                                  |                             |                    |
| 07.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 07.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 07.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 08.00 |  |                                 |                       |  |                     |                                  |                             |                    |
| 08.15 |  |                                 |                       |  |                     |                                  | Yoga Sanft<br>Nora          |                    |
| 08.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 08.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 09.00 |  |                                 |                       | Yoga<br>Vinyasa Flow Rücken<br>Franziska         |                     |                                  |                             |                    |
| 09.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 09.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 09.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 10.00 | Yoga<br>Nora Alex<br>Start ab 19.02.2018 |                                 |                       | Yoga Plus<br>Franziska<br>Start ab 8 Anmeldungen |                     |                                  | Yoga<br>Rückbildung<br>Nora | Yoga Sanft<br>Nora |
| 10.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 10.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 10.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 11.00 |  |                                 |                       |  |                     |                                  |                             | Yoga<br>Nora       |
| 11.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 11.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 11.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 12.00 |  |                                 |                       |  |                     |                                  |                             |                    |
| 12.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 12.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 12.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 13.00 |  |                                 |                       |  |                     |                                  |                             |                    |
| 13.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 13.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 13.45 |  |                                 |                       |  |                     | Yoga Sanft<br>Für Frauen<br>Nora |                             |                    |
| 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<br>Nora |  |                     |                                  |                             |                    |
| 18.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 19.00 |  | Yoga<br>Schwangerschaft<br>Nora |                       |  | Yoga 2<br>Nora Alex | Yoga 1<br>Franziska              |                             |                    |
| 19.15 |  |                                 |                       |  |                     |                                  |                             |                    |
| 19.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 19.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 20.00 |  |                                 |                       |  |                     |                                  |                             |                    |
| 20.15 |  | Yoga<br>Nora                    | Yoga Windisch<br>Nora |  |                     |                                  |                             |                    |
| 20.30 |  |                                 |                       |  |                     |                                  |                             |                    |
| 20.45 |  |                                 |                       |  |                     |                                  |                             |                    |
| 21.00 |  |                                 |                       |  |                     |                                  |                             |                    |
| 21.15 |  |                                 |                       |  |                     |                                  |                             |                    |