

STUDIO KREUZBERG

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--|--|--|
| 10.00 - 11.30 SUNYOGA B 90 min, 40°C | 10.00 - 11.30 SUNYOGA B 90 min, 40°C | 8.15 - 9.15 SUNRISE Vinyasa 90 min, 40°C | 10.00 - 11.00 SUNYOGA B6o 60 min, 40°C | 10.00 - 11.30 SUNYOGA B 90 min, 40°C | 10.00 - 11.30 SUNYOGA B - still 90 min, 40°C | 10.00 - 11.30 SUNYOGA B 90 min, 40°C |
| 12.15 - 13.15 SUNRISE VINYASA 60 min, 35°C | 12.15 - 13.15 SUNRISE VINYASA 60 min, 35°C | 12.15 - 13.45 SUNYOGA B 90 min, 40°C | 12.15 - 13.45 SUNYOGA A 90 min, 40°C | 12.15 - 13.15 SUNRISE VINYASA 60 min, 35°C | 12.15 - 13.15 SUNYoga-Pilates 60 min, 35°C | 12.15 - 13.15 SUNYoga-Pilates 60 min, 35°C |
| 16.00 - 17.30 SUNYOGA B 90 min, 40°C | 15.30 - 16.30 SUNYoga-Pilates 60 min, 35°C | 16.00 - 17.30 SUNYOGA B 90 min, 40°C | 15.30 - 16.30 SUN VINYASA 60 min, 35°C | 16.00 - 17.30 SUNYOGA B 90 min, 40°C | 13.45 - 15.15 SUNYOGA A 90 min, 40°C | 16.00 - 17.30 SUNYOGA B 90 min, 40°C |
| 18.15 - 19.45 SUNYOGA B 90 min, 40°C | 17.30 - 19.00 SUNYOGA B 90 min, 40°C | 18.15 - 19.45 SUNYOGA B 90 min, 40°C | 17.30 - 19.00 SUNYOGA B 90 min, 40°C | 18.15 - 19.45 SUNYOGA A 90 min, 40°C | 16.00 - 17.30 SUNYOGA B 90 min, 40°C | 18.15 - 19.45 SUNYOGA B 90 min, 40°C |
| 20.30 - 22.00 SUNYOGA B 90 min, 40°C | 19.45 - 21.15 SUNYOGA B 90 min, 40°C | 20.30 - 22.00 SUNYOGA A 90 min, 40°C | 19.45 - 21.15 SUNYOGA B 90 min, 40°C | 20.30 - 21.30 SUN VINYASA 60 min, 35°C | 18.15 - 19.15 SUN VINYASA 60 min, 35°C | 20.30 - 21.30 SUNSET VINYASA 60 min, 35°C |

STUDIO FRIEDRICHSHAIN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--|--|--|
| 9.30 - 11.00 SUNYOGA B 90 min, 40°C | | 10.00 - 11.30 SUNYOGA B 90 min, 40°C | | 11.00 - 12.15 SUNRISE VINYASA 60 min, 35°C | | |
| | 12.15 - 13.15 SUN VINYASA 60 min, 35°C | | 12.15 - 13.15 SUNYoga-Pilates 60 min, 35°C | | 12.15 - 13.45 SUN VINYASA 90 min, 35°C | 12.15 - 13.45 SUNYOGA B 90 min, 40°C |
| | | 16.30 - 17.45 SUNYOGAPrenatal 75 min, 28°C | | 16.30 - 18.00 SUNYOGA B 90 min, 40°C | 15.15 - 16.30 SUNYOGAPrenatal 75 min, 28°C | 16.30 - 17.30 SUNYoga-Pilates 60 min, 35°C |
| 17.30 - 19.00 SUNYOGA B 90 min, 40°C | 18.00 - 19.30 SUNYOGA B 90 min, 40°C | 18.30 - 20.00 SUNYOGA B 90 min, 40°C | 18.00 - 19.30 SUNYOGA A 90 min, 40°C | 19.00 - 20.30 SUNYOGA B 90 min, 40°C | 17.00 - 18.30 SUNYOGA B 90 min, 40°C | 18.00 - 19.30 SUNYOGA B 90 min, 40°C |
| 20.00 - 21.30 SUNYOGA A 90 min, 40°C | 20.30 - 22.00 SUNYOGA B 90 min, 40°C | 20.30 - 21.30 SUN VINYASA 60 min, 35°C | 20.30 - 22.00 SUNYOGA B 90 min, 40°C | | 19.00 - 20.00 SUNSET VINYASA 60 min, 35°C | |

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