



Hamsa Studio

STUNDENPLAN

Montag

10:30
Rückbildungsyoga 1

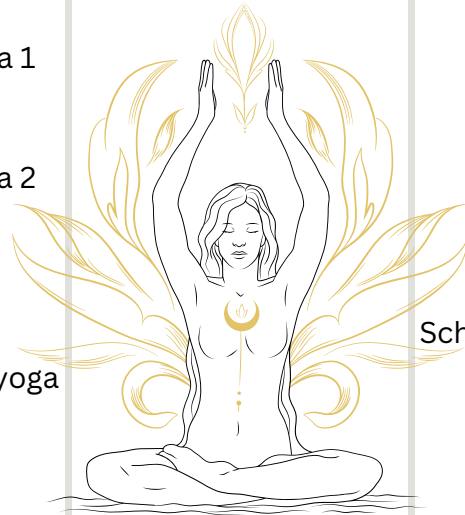
12:00
Rückbildungsyoga 2

-
18:15
Schwangerschaftsyoga

19:45
Yogilates



Dienstag

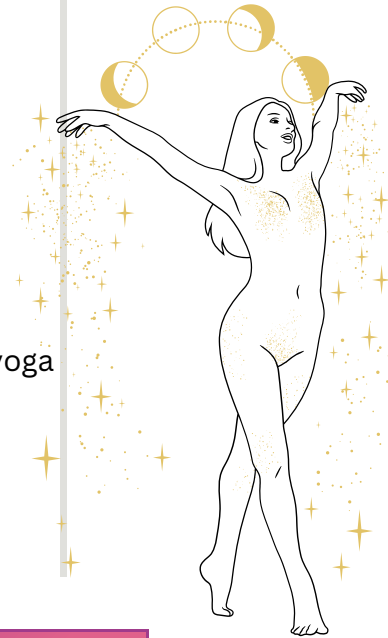


Mittwoch

18:15
Schwangerschaftsyoga

19:45
Yogilates

Donnerstag



Freitag

10:30
Rückbildungsyoga 1

12:00
Rückbildungsyoga 2

-
18:30
Yin Yoga & Yoga Nidra



Kostenlose Probestunde

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