

General Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15 - 09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	Tao's Restaurant is open from 13:00
10:00 - 11:15	Pilates	Vinyasa Yoga	Natural Movement	Pilates	Vinyasa Yoga	Chi Kung	15€	
11:30 - 12:30		The Ring			The Ring		15€	
18:00 - 19:30	Yin Yoga		Hatha Yoga	Yin Yoga		Hatha Yoga	15€	