

Čas	Pondělí	Úterý	Středa	Čtvrtek	Pátek
9:00 11:00		<b>9:00 - 10:45</b> <b>YOGA FOR LIFE</b> <b>for moderately advanced</b>  <b>NO LESSONS</b> <b>25.12., 1.1., 12.2.</b>		<b>9:00 - 10:45</b> <b>IYENGAR YOGA</b> <b>beginners</b>  <b>NO LESSONS</b> <b>27.12., 14.2.</b>	
11:00 13:00		1		<b>11:00 - 12:45</b> <b>IYENGAR YOGA</b> <b>beginners</b>  <b>NO LESSONS</b> <b>27.12., 14.2.</b>	<b>11:30 - 12:30</b> <b>YOGA FOR LIFE</b> <b>Yoga in English instead of lunch</b>  <b>NO LESSONS</b> <b>28.9., 28.12., 15.2., 19. 4.</b>
13:00 19:00					<b>14:00 - 15:00</b> <b>YOGA FOR LIFE</b> <b>yoga for children</b> <b>elementary school 1st</b> <b>and 2nd grade</b>  <b>NO LESSONS</b> <b>28.9., 28.12., 15.2., 19. 4.</b>
	<b>17:00 - 18:45</b> <b>IYENGAR YOGA</b> <b>beginners</b>  <b>NO LESSONS</b> <b>24.12., 31.12., 11.2., 22.4.</b>		<b>17: 00 - 18:30</b> <b>Yoga Nidra - even weeks</b> <b>Jantra Yoga - odd weeks</b>  <b>NO LESSONS</b> <b>26.12., 13.2., 1.5., 8.5.</b>		<b>15:15 - 16:15</b> <b>YOGA FOR LIFE</b> <b>yoga for children</b> <b>pre-school</b>  <b>NO LESSONS</b> <b>28.9., 28.12., 15.2., 19. 4.</b>
19:00 21:00	<b>19:00 - 20:45</b> <b>IYENGAR Yoga</b> <b>for moderately advanced</b>  <b>NO LESSONS</b> <b>24.12., 31.12., 11.2., 22.4.</b>		<b>19:00 - 20:45</b> <b>IYENGAR Yoga</b> <b>for moderately advanced</b>  <b>NO LESSONS</b> <b>26.12., 13.2., 1.5., 8.5.</b>		