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| Montag  | Donnerstag |
| 10:00 - 11:30Hormonyogamit Anja | 9.30Yoga auf dem Stuhlmit Anja |
| 18:00 - 19:30 Yin- Faszien- Yogamit Anja | 18:30 - 20:00Sup Yoga Indoormit Anja |