

## Kursplan 2026 Tripada-Bocholt



|             | Montag                                                  | Dienstag                                                | Mittwoch                                             | Donnerstag                                                                     | Freitag                                           | Samstag |
|-------------|---------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------|---------|
| Vormittags  |                                                         | 9:00 - 10:30 Uhr<br>Tripada Yoga Basic Plus<br>90 Min.  | 9:00 - 10:30 Uhr<br>Tripada Yoga Basic<br>90 Min.    | 9:00 - 10:30 Uhr<br>Tripada Yoga Basic<br>90 Min.                              | 9:00 - 10:30 Uhr<br>Tripada Yoga Basic<br>90 Min. |         |
|             |                                                         |                                                         |                                                      |                                                                                |                                                   |         |
|             |                                                         |                                                         |                                                      |                                                                                |                                                   |         |
| Nachmittags |                                                         |                                                         |                                                      | 15:00 - 16:00<br>Tripada Kinderyoga für<br>Kinder von 6 – 10 Jahren<br>60 Min. |                                                   |         |
|             |                                                         | 16:15 - 17:45 Uhr<br>Tripada Yoga Basic<br>90 Min.      |                                                      | 16:30 - 17:45 Uhr<br>Tripada Yoga für<br>Schwangere<br>75 Min.                 |                                                   |         |
|             |                                                         |                                                         |                                                      |                                                                                |                                                   |         |
|             | 18:00 - 19:30 Uhr<br>Tripada Yoga Basic Plus 90<br>Min. | 18:00 - 19:30 Uhr<br>Tripada Yoga Basic Plus<br>90 Min. | 18:00 - 19:30 Uhr<br>Tripada Yoga Basic<br>90 Min.   | 18:00 - 19:30 Uhr<br>Tripada Yoga Mediate<br>90 Min.                           |                                                   |         |
|             |                                                         |                                                         |                                                      |                                                                                |                                                   |         |
|             | 19:45 - 21:15 Uhr<br>Tripada Yoga Basic<br>90 Min.      | 19:45 - 21:15 Uhr<br>Tripada Yoga Basic<br>90 Min.      | 19:45 - 21:15 Uhr<br>Tripada Yoga Mediate<br>90 Min. | 20:00 - 21:00 Uhr<br>Pilates<br>60 min                                         |                                                   |         |