

POP YOGA CLASS TIMES MARCH 2019



| | monday | tuesday | wednesday | thursday | friday | |
|---------------|---|---|---|--|--|--|
| 8 00 – 9 00 | POP CAMP Yoga Daycare 1-4 year English/German | | POP CAMP Yoga Daycare 1-4 year English/German | | | |
| 9 00 - 10 00 | | POP BABY – PARENT YOGA English 0-1 year | | | POP TODDLER PLAYGROUP English 1-3 year | |
| 10 00- 11 00 | | | | | | |
| 11 00 - 12 00 | | POP BABY – PARENT YOGA German 0-1 year | | POP TODDLER PLAYGROUP German 1-3 year | | |
| 12 00 – 1 00 | | | | | | |
| 1 00 - 2 00 | | | | | | |
| 2 00 - 3 00 | | YOGA TRAVELS WITH POPPY German 3-6 year | | ALEXES YOGA SCIENCE CAMP German 3-6 | | |
| 3 30 - 4 30 | POP BEGINNER YOGA German 6-9 year | | POP LEVEL 1 YOGA German 6-9 year | | | |
| 5 00 - 6 00 | POP FUNKY YOGA German 10 – 15 year | YOGA TRAVELS WITH POPPY German 3-6 year | EMMAS DANCE YOGA German 6-9 year | EMMAS DANCE YOGA German 10-15 year | | |
| 6 00 - 7 00 | | | | STRONG POSTURE – BACK YOGA German/English 10-15 year | | |
| 7 00 – 8 00 | | | | | | |

