

# Schema Höstterminen 2024

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
		09:30-10:15 MAMMA-BABY <i>Mirja</i>			09:30-10:30 HATHA <i>Malou</i>	
11:30-12:30 HATHA <i>Veronica N</i>		11:30-12:30 HATHA <i>Malou</i>				
17:30-18:45 LUGN HATHA & MEDITATION <i>Malou</i>	17:30-19:00 ASHTANGA FORTS 2-3 <i>Maria</i>	17:30-18:45 HATHA VINYASA & MEDITATION, FORTS 2-3 <i>Veronica N</i>	17:30-18:30 PILATES <i>Mia B</i>	16:00-17:15 YINYOGA <i>Anna H</i>		15:30-16:30 HATHA FOR BEGINNERS <i>Joanne (in English)</i> (22/9 - 20/10)
17:30-18:45 HATHA DYNAMIC FLOW <i>Lejla</i>	17:30-18:45 HATHA / YIN & YANG <i>Elise</i>	17:30-18:45 GRAVIDYOGA (fullbokad kurs!) <i>Mirja</i>				17:00-18:15 YIN & YANG FLOW <i>Joanne (in English)</i>
19:15-20:30 YINYOGA (fullbokad kurs!) <i>Malou</i>	19:15-20:30 ASHTANGA FORTS 1-2 <i>Maria / Mia S</i>	19:00-20:00 HATHA VINYASA NYBÖRJARE/ NIVÅ 1 <i>Veronica N</i>	19:00-20:15 YIN & RESTORE <i>Malou</i>			
		19:15-20:30 YIN-MYO MED BOLLAR <i>Cecilia</i>				