



# Schema Höstterminen 2025

| Måndag                                     | Tisdag                                          | Onsdag                                               | Torsdag                                                                               | Fredag                                                        | Lördag               | Söndag                                                    |
|--------------------------------------------|-------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------|-----------------------------------------------------------|
|                                            |                                                 | 07:15-08:15<br>LUGN HATHA                            |                                                                                       | 09:00-10:00<br>YIN/YANG<br><i>(in English)</i><br>Även Online | 09:30-10:45<br>HATHA |                                                           |
| 11:30-12:30<br>HATHA                       |                                                 |                                                      | 11:30-12:15<br>HATHA                                                                  |                                                               |                      |                                                           |
| 17:30-18:45<br>LUGN HATHA & MEDITATION     | 17:30-19:00<br>ASHTANGA FORTS.<br>(Ledd/Mysore) | 17:30-18:45<br>HATHA VINYASA &<br>MEDITATION, FORTS. | 17:30-18:30<br>PILATES                                                                | 16:00-17:15<br>YINYOGA                                        |                      | 15:30-16:30<br>HATHA FOR BEGINNERS<br><i>(in English)</i> |
| 17:30-18:45<br>HATHA DYNAMIC FLOW          | 17:30-18:45<br>LUGN HATHA & YIN                 | 17:30-18:45<br>GRAVIDYOGA<br>(endast kurs)           | 17:30-18:30<br>ASHTANGA GRUND                                                         |                                                               |                      | 17:00-18:15<br>YIN/ YANG FLOW<br><i>(in English)</i>      |
| 19:15-20:30<br>YINYOGA<br><i>Fullbokad</i> |                                                 | 19:00-20:00<br>HATHA VINYASA GRUND                   | 19:00-20:15<br>YIN & RESTORE                                                          |                                                               |                      |                                                           |
|                                            |                                                 | 19:15-20:30<br>YINYOGA & BOLLAR                      | 19:00-20:15<br>BREATHWORK & REIKI<br>(jämna veckor)<br>TANTRA YOGA<br>(ojämna veckor) |                                                               |                      |                                                           |

Annat schema under skollov och helgdagar.  
Titta alltid en extra gång på hemsidan då uppdateringar av klasser kan ske under terminen.