

Schema Vårterminen 2025

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
		09:30-10:15 MAMMA-BABY <i>Mirja</i>			09:30-10:30 HATHA <i>Olíka lärare</i>	
11:30-12:30 HATHA <i>Veronica</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. (Ledd/Mysore) <i>Maria</i>	17:30-18:45 HATHA VINYASA & MEDITATION, FORTS. 2-3 <i>Veronica</i>	17:30-18:30 PILATES <i>Malou</i>	16:00-17:15 YINYOGA <i>Anna</i>		15:30-16:30 HATHA FOR BEGINNERS Round 1: 19/1 -16-2. Round 2: 27/4-25/5 <i>Joanne (in English)</i>
17:30-18:45 HATHA DYNAMIC FLOW <i>Lejla</i>	17:30-18:45 LUGN HATHA & YIN <i>Elise</i>	17:30-18:45 GRAVIDYOGA <i>Mirja</i>				17:00-18:15 YIN/ YANG FLOW <i>Joanne (in English)</i>
19:15-20:30 YINYOGA <i>Malou</i>		19:00-20:00 HATHA VINYASA NYBÖRJARE/NIVÅ 1 <i>Veronica</i>	19:00-20:15 YIN & RESTORE <i>Malou</i>			
		19:15-20:30 YINYOGA <i>Cecilia</i>				