

Schema HT2022

Alla kurser har drop-in i mån av plats, se på vår hemsida, SCHEMA & BOKA

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
		06:30-07:30 MORNING FLOW <i>Drop in: Malou</i>				
					09:30-10:45 HATHA <i>Drop in: Helene</i>	
11:30-12:30 HATHA <i>Drop in: Veronica</i>		11:30-12:30 HATHA <i>Drop in: Malou</i>			11:15-12:15 HATHA NYBÖRJARE <i>Kurs/Drop in: Vera</i>	
		13:00-14:00 MAMMA BABY <i>Kurs/Drop-in: Mirja</i>		16:30-17:45 YINYOGA <i>Drop-in: Anna H</i>		17:30-19:00 YIN & YANG FLOW <i>Kurs/Drop-in: Joanne</i>
17:30-18:45 LUGN HATHA & MED. <i>Kurs/Drop-in: Malou</i> 17:30-18:45 HATHA DYNAMIC FLOW <i>Kurs/Drop-in: Anna H</i>	17:30-19:00 ASHTANGA 2-3 <i>Kurs/Drop-in: Lotta</i> 17:45-18:45 HATHA VINYASA <i>Drop-in: Maya</i>	17:30-18:45 KURS:HATHA VINYASA 2-3 <i>Kurs/Drop-in: Veronica</i> 17:45-19:00 KURS:ASHTANGA 1-2 <i>Kurs: Carina</i>	17:30-18:30 GRAVIDYOGA <i>Kurs/Drop in: Mirja</i> 17:45-19:00 HATHA <i>Drop-in: Maya</i>			
19:15-20:30 YINYOGA <i>Kurs/Drop-in: Malou</i>	19:15-20:30 EMBODIED HATHA FLOW <i>Kurs/Drop-in: Vera</i>	19:00-20:00 HATHA VINYASA 1 <i>Kurs/Drop-in: Veronica</i>	19:00-20:15 RESTORATIVE <i>Kurs/Drop-in: Vera</i>			