

# Schema Höstterminen 2023

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
					09:30-10:30 HATHA <i>Malou</i>	
11:30-12:30 HATHA <i>Veronica</i>		11:30-12:30 HATHA <i>Malou</i>				
				16:30-17:45 YINYOGA <i>Anna H</i>		
17:30-18:45 LUGN HATHA & MEDITATION <i>Malou</i>  17:30-18:45 ASHTANGA 1-2 <i>Maria</i>	17:30-19:00 ASHTANGA 2-3 <i>Lotta</i>  17:30-18:45 HATHA DYNAMIC FLOW <i>Anna H</i>	17:30-18:45 HATHA VINYASA 2-3 <i>Veronica</i>  17:30-18:30 GRAVIDYOGA <i>Mirja</i>	17:30-18:45 EMBODIED FLOW™ <i>Veronica H (in English)</i>			17:00-18:15 YIN & YANG FLOW <i>Joanne (in English)</i>
19:15-20:30 YINYOGA <i>Malou</i>	19:15-20:30 FLOW & RESTORE <i>Lejla</i>	19:00-20:00 HATHA VINYASA 1 <i>Veronica</i>	19:00-20:15 RESTORATIVE <i>Veronica H</i>			