

Schema Vårterminen 2024

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
					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>Lotta</i>	17:30-18:45 HATHA VINYASA & MEDITATION, FORTS 2-3 <i>Veronica N</i>	17:30-18:45 EMBODIED FLOW™ <i>Veronica H (in English)</i>	17:00-18:15 YINYOGA <i>Anna H</i>		15:00-16:15 HATHA FOR BEGINNERS <i>Joanne (in English)</i> (21/1 - 18/2)
17:30-18:45 ASHTANGA FORTS 1-2 <i>Maria</i>	17:30-18:45 HATHA DYNAMIC FLOW <i>Lejla</i>	17:30-18:30 GRAVIDYOGA <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 SLOW FLOW & RESTORE <i>Lejla</i>	19:00-20:00 HATHA VINYASA NYBÖRJARE/ NIVÅ 1 <i>Veronica N</i>	19:00-20:15 RESTORATIVE <i>Veronica H</i>			
		19:15-20:30 YINYOGA MED BOLLAR <i>Cecilia</i>				