

Schema WF Yoga

HÖSTEN 2022

Tid	MÅN	TIS	ONS	TORS	FRE	LÖR	SÖN
06:30	Hatha Yoga 45						
08:15			Warm Vinyasa Yoga 60		Pilates 45		
09:00						Yoga för dagen 75	Warm Yin/Yang Yoga 75
10:30						Warm Core Strength Vinyasa 75	Warm Strong Flow 75
11:45	Yin Yoga 60			Warm Vinyasa Yoga 45			
12:00		Pilates Flexibility 45			Hatha Yoga 45		
16:30			Restorative Yoga 75				Yin Yoga 75
17:30					AW Yoga 75		
18:00	Warm Core Strength Vinyasa 75	Warm Yin/Yang Yoga 75		Yin Yoga 75			
18:30			Pilates 45				
19:30	Hatha Yoga 75	Kundalini Yoga 75	Warm Deep Opening Vinyasa 75	Warm Vinyasa Yoga 60			