

# Schema WF Yoga

VÅREN 2023

Tid	MÅN	TIS	ONS	TORS	FRE	LÖR	SÖN
06:30							
08:15	Hatha Yoga 45		Warm Vinyasa Yoga 60		Pilates 45		
09:00						Yoga för dagen 75	Warm Yin/Yang Yoga 75
10:30						Warm Vinyasa 2 75	
11:45	Yin Yoga 60			Warm Vinyasa Yoga 45			
12:00		Hatha Yoga 45					
12:15					Warm Core Strength Vinyasa 45		
16:00					Restorative Yoga 75		
16:30			Restorative Yoga 75				Yin Yoga 75
17:30					AW Yoga 75		
18:00	Warm Core Strength Vinyasa 75	Yin Yoga & meditation 75		Kundalini Yoga 75			
18:30			Pilates 45				
19:30	Hatha Yoga 75	Warm Deep Opening Vinyasa 75	Yin Yoga 75	Warm Strong Flow 60			

