

VÅREN 2025

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

