

Schema WF Yoga & Pilates

VÅREN 2026

Tid	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						
15:00							Yin Yoga 60
16:15		Restorative Yoga 75					Yin Yoga 75
17:30					AW Yoga 75		
17:45		Pilates 45					Pilates 45
18:00	Warm Vinyasa Yoga 75		Hatha Yoga 60	Yin Yoga 60			
19:15	Rest & Restore 60			Warm Vinyasa Yoga 60			

