



GRUNDSHEMA HT-26



 MÅNDAG	17.30–18.15	Lucky legs.
	18.30–19.30	Slowflow
	19.45–20.30	Yin jämn v
	19.45–20.30	Yoga Nidra ojämn v
 TISDAG	17.30–18.30	Relax n breathe
	18.45–20.15	Ashtanga
 ONSDAG	11.30–12.15	Lunchflow
	16.15–17.15	Yin
	17.30–18.30	Vinyasaflow
	18.45–19.30	Mindful evening
 TORSDAG	07.45–08.30	Wake up.
	17.45–18.45	Vinyasaflow
	19.00–20.00	Grounding yoga
 FREDAG	11.30–12.15	Lunchflow
	16.00–17.00	Slowflow
 LÖRDAG	10.00–11.00	Morning.
 SÖNDAG	10.30–11.30	Lymfyoga
	16.00–17.30	Yoga 90' yang/yin

 *Alla klasser har närmare beskrivning i Bokadirekt

 *Alla klasser passar alla deltagare

