

# Schema vt.-25

gäller vecka 3-11

## MÅNDAG

## TISDAG

## ONSDAG

## TORSDAG

## FREDAG

## SÖNDAG

**10.30-11.30**  
**Qi Yoga**

**17.30-18.30**  
**Pilates**

**17.30-18.45**  
**Klassisk yoga**

**17.15-18.30**  
**Yinyoga**

**17.00-18.00**  
**Pilates**

**Fredags sangha**  
**Se events\***

**18.45-19.45**  
**Healing yoga**

**19.00-20.15**  
**Kundalini yoga**

**18.45-19.45**  
**Mediyoga**  
**(v.3-8)**

**18.30-19.30**  
**Pilates (eng.)**

**18.15-19.15**  
**Yoga nidra &**  
**Reiki**