

# Schema

gäller vecka 45-50

<b>MÅNDAG</b>	<b>TISDAG</b>	<b>ONSDAG</b>	<b>TORSDAG</b>	<b>FREDAG</b>	<b>SÖNDAG</b>
					10.30-11.30 Healing yoga
	11.45-12.30 Yinyoga				
17.30-18.30 Yogalates	17.30-18.45 Klassisk yoga	17.15-18.30 Yinyoga	17.00-18.00 Pilates	Fredags sangha Se events*	
19.00-20.15 Yin & Sound	19.00-20.15 Kundalini yoga	19.00-20.00 Qi Yoga	18.15-19.15 Ashtanga		18.00-19.00 Yoga nidra & reiki
			19.30-20.30 Pilates (eng.)		