



SCHEMA HÖST 2020 1 SEPT–22 DEC

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	07.00–08.00 VINYASA <i>Ida</i>				08.30–09.30 HATHA <i>Victoria</i> (Ej 24/10)	
10.30–11.40 KURS: SENIORYOGA <i>Victoria</i> 15 ggr 31/8–7/12 1.950 kr					10.00–11.30 VINYASA <i>Victoria</i> (Ej 24/10)	10.00–11.30 YANG/YIN <i>Sudheesh (E)</i> (Ej 25/10)
12.00–13.00 VINYASA <i>Victoria</i>		12.00–13.00 YINYOGA <i>Mirja</i>	13.30–14.30 KURS: MAMMA+BABY <i>Moa</i> 6 ggr Start 3/9 & 5/11 1.500 kr	12.00–13.00 VINYASA <i>Eva E (E)</i>	12.00–13.30 KURS: NY FÖR YOGA <i>Chungmei</i> 6 ggr Start 5/9 & 7/11 2.000 kr	
			16.15–17.15 KURS: GRAVIDYOGA <i>Moa</i> 6 ggr Start 3/9 & 5/11 1.500 kr	15.00–15.50 KURS: TONÅR 11–12 ÅR <i>Mirja</i> 15 ggr 4/9–17/12 (lov v.44) 1.950 kr		16.00–17.30 RESTORATIVE <i>Veronica</i> (Ej 25/10)
17.30–19.00 HATHA <i>Sudheesh (E)</i>	17.30–19.00 VINYASA <i>Victoria</i>	17.30–19.00 VINYASA <i>Alexandra (E)</i>	17.45–19.00 HATHA <i>Chungmei (E)</i>	16.00–16.50 KURS: BARN 7–10 ÅR <i>Mirja</i> 15 ggr 4/9–17/12 (lov v.44) 1.950 kr		
19.30–20.30 VINYASA <i>Ida</i>	19.30–21.00 MEDITATION <i>Yogananda</i>	19.30–21.00 YINYOGA <i>Eva O</i>	19.30–20.45 YINYOGA <i>Chungmei (E)</i>	17.00–17.50 KURS: TONÅR 13–17 ÅR <i>Mirja</i> 15 ggr Start 4/9–17/12 (lov v.44) 1.950 kr		

(E) = English speaking teacher. Inga klasser 24–25/10 (Meditation mot stress)