

Schema Yogastudion Våren 2018



Yoga Studion
www.yogastudiongotland.se

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
<u>11.45-13.00</u> Virya 2 Jenny		<u>07.15-08.15</u> Medi-yoga Nyb.forts Sigrid	<u>09.00-10.30</u> Senioryoga 1-2 Catarina/Lou			
<u>16.30-17.05</u> Barn yoga 4-8 år Jenny Udda veckor v.7	<u>11.30-12.45</u> Virya Flow Nyb.-forts. Jenny	<u>09.00-10.15</u> Senioryoga Nyb. 21/3 Lou 10 ggr	<u>12.00-13.15</u> Yin Yoga 1, Lou	<u>12.00-13.15</u> Virya Flow 2,3 Jenny		
<u>17.30-19.00</u> Hatha Yoga 2 Lou	<u>17.45-19.15</u> Virya 2 Maria	<u>11.30-12.30</u> Medicinsk yoga Nyb.-forts, Sigrid 21/3	<u>16.15-17.25</u> Gravidyoga Lou	<u>16.30-17.45</u> Virya Flow Nyb.-forts. Catarina Drop in 180:- Udda veckor, v.7		
<u>19.15-20.30</u> Yin&Yang Nyb.-forts, Maria 21/3 10 ggr	<u>19.30-21.00</u> Yin&Yang 2 Lou	<u>17.30-19.00</u> Virya Flow 2,3 Jenny	<u>17.45-19.00</u> Virya forts. Maria			
		<u>19.15-20.30</u> Yoga för MÅN nyb. Jenny 21/3 10 ggr	<u>19.15-20.30</u> Virya 1,Nyb. Catarina/Maria			