

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	6:45-8:00 Kundaliniyoga Martina			6:45-8:00 Kundaliniyoga Martina		
						10:00-11:15 Gravidyoga Lotta
10:00-11:15 MjukYoga Gong Lotta	10:00-11:15 Medicinsk Kundalinyoga Martina		10:00-11:15 MediYoga Lotta	10:00-11:15 Medicinsk Kundaliniyoga Martina		11:45-13:00 Hathayoga Flow Karin
17:45-19:00 MediYoga Stresshantering/ hormonbalans Lotta	17:45-19:15 Kundaliniyoga Martina	17:45-19:00 Hathayoga Flow Marissa	17:00-18:15 Gong Restorative Yoga Nidra Lotta			15:45-17:00 SensingYoga Martina
19:15-20:30 SensingYoga Lotta	19:30-20:45 Kundaliniyoga Martina	19:15-20:30 Yinyoga Marissa	18:30-19:45 Yinyoga Lotta			17:15-18:45 Yinyoga Martina
			20:00-21:15 Yinyoga "stela" män Lotta			19:00-20:30 Kundaliniyoga Martina