

TID	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
6.50					YIN YOGA 45 Elisabeth Drop in		
10.00		QIGONG 60 MIN Maria*					
11.30		PILATES 45 Maria* Drop in					
14.00				SENIOR YIN YOGA 60 MIN Elisabeth			
16.00	SENIOR SOMA MOVE 60 MIN Kicki			SENIOR PILATES 60 MIN Maria*			BARNYOGA 5-7 ÅR 45 MIN Lina
17.15	SOMA MOVE 60 MIN Kicki	YOGA+YINYOGA 75 MIN Elisabeth	YIN YOGA 60 MIN Elisabeth	PILATES FORTS 60 MIN Maria*			YOGA 60 MIN Annika
18.15							RYTTARYOGA 60 MIN Annika
18.30			YOGA 75 MIN Elisabeth	PILATES NYBÖRJARE 60 MIN Maria*			
19.00		YOGA NYBÖRJARE 60 MIN Elisabeth					

*STARTAR EV V. 4 PGA KNÄOPERATION

Start v.2+3 2020