

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 PILATES 60 MIN Maria			
17.15		YOGA+YINYOGA 75 MIN Elisabeth	YIN YOGA 60 MIN Elisabeth			17.00	YOGA 60 MIN Annika
17.30				PILATES 60 MIN Maria		18.15	RYTTARYOGA 60 MIN Annika
18.30			YOGA 75 MIN Elisabeth				
19.00		YOGA NYBÖRJAR 60 MIN Elisabeth					

*START längre fram pga knäoperation!

SCHEMA start jan 2020

