

# SCHEMA HÄLSOCENTER

Grupper 8 ggr start v.33

## MÅNDAGAR

12.15 Senior Pilates 60 min 1350:-

18.30 Yoga Power 75 min 1550:-

## ONSDAGAR

11.30 Senior YinYoga 60 min 1350:-

17.45 YinYoga 60 min 1450:-

19.00 Yoga+Yin 75 min 1550:-

## TORSDAGAR

19.00 Pilates 60 min 1450:-



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