



Atmajyoti

Schema Vår 2019

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
S 06:30-08:00 Hathayoga [PEN]	S 06:30-08:00 Hathayoga [MJ]	S 06:30-08:00 Hathayoga [PEN]	S 06:30-08:00 Hathayoga & Pranayama [VBN]	S 06:30-08:00 Hathayoga [SL] [LG] S 06:30-08:30 Lilla: Ashtanga Mysore [AB] [GF] [MF]		
S 10:00-11:30 Hatha Flow [AGH] N 10:00-11:30 MediYoga [AB] S 11:45-12:45 Hatha Flow [KSA]	S 10:00-11:30 Hatha Flow [KP] S S 11:45-12:45 Yinyoga [LG]	S 10:00-11:30 Hatha Flow [EW] S S 11:45-12:45 Hatha Flow [EW]	S 10:00-11:30 Hatha Flow [MAS] N 10:00-11:30 MediYoga [VBN] S 11:45-12:45 Hatha Flow [MAS]	S 10:00-11:30 Hatha Flow [RC] S S 11:45-12:45 Hatha Flow [KSA] S 11:45-12:45 Lilla: Pranayama [VBN]	S 10:00-12:00 Hathayoga Inversions & Backbending [PEN]	S 10:00-11:45 Ashtanga ledd klass [GF]
S 13:00-14:30 Mamma/Babyyoga [KSA]	N 14:00-15:30 MediYoga lugn [GL]	N 14:00-15:30 MediYoga Fri från stress [LG]		S 13:00-14:45 Gravidyoga [KSA]		
N 17:00-18:45 Lilla: MediYoga för Gravida [KSA] S 17:15-19:00 Lilla: Ashtanga Mysore [AB] S 17:15-18:45 Stora: Hatha Flow 2 [SJ]	S 17:30-19:00 Lilla: Ashtanga 2 [GF] N 17:30-19:00 MediYoga vitalitet och energi [LG] S 17:30-19:00 Stora: Hathayoga [PEN] N 17:30-19:00 Lilla: Yinyoga [LB]	S 17:00-18:45 Stora: Gravidyoga [LL] S 17:15-18:45 Lilla: Hatha Flow 1 [MC] N 17:30-19:00 MediYoga [AXE]	S 16:00-17:00 Barnyoga [CSch] S 17:15-19:00 Stora: Hatha Flow 2 [EW] S 17:15-18:45 Lilla: Ashtanga 1 [MF] N 17:30-19:00 Stora: MediYoga Strålande Kvinna [VBN] N 18:00-19:30 Lilla: Hathayoga Chakra [CL]	S 16:00-17:30 Yinyoga [EW]	S 15:30-17:00 Hatha Flow [CS]	S 15:45-17:30 Atmajyotiyoga [MC] S 16:00-17:00 Lilla: Meditation [VBN] [EW] [MA] [MAS] N 16:30-18:00 MediYoga [CBO] S 17:45-19:30 Stora: Restorative Yoga [MC]
S 19:00-20:30 Restorative Yoga [SJ] N 19:00-20:30 Lilla: Yinyoga [KSA]	S 19:15-20:45 Stora: Ashtanga 1 [GF]	S 19:00-20:30 Strong flow & Restore [MC]	S 19:00-20:30 Lilla: Ashtanga 2 [MF] S 19:15-20:45 Stora: Hatha Flow 1 [EW]			

Förklaring

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