

# HUDVIS YOGASHEMA 2024

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
				<b>Hatha Flow</b> <b>07:00-08:00</b> Start v.34 - 16 ggr Natalie Andersson MOVE IN HARMONY		
	<b>Medicinsk yoga</b> <b>10:00-11:00</b> Start v.35 - 15 ggr Yvonne Stegeryd YOGAHELALIVET	<b>Medicinsk yoga</b> <b>10:00-11:15</b> Start v.34 - 15 ggr Jonna Kjellgren JONNASYOGA				
<b>Hatha-Yinyoga</b> <b>17:30-18:45</b> Start v.35 - 15 ggr Karin Strand YOGAFOCUS	<b>Hathayoga</b> <b>17:30-18:45</b> Start v.35 - 15 ggr Karin Strand YOGAFOCUS	<b>Yinyoga</b> <b>17:30-19:00</b> Start v.34 - 15 ggr Katja Ekström KATJAS YINYOGA	<b>Medicinsk yoga</b> <b>17:00-18:15</b> Start v.34 - 15 ggr Jonna Kjellgren JONNASYOGA			
<b>Yin Yoga</b> <b>19:00-20:00</b> Start v.35 - 10 ggr Caroline Brusman Daleklev HÄLSOPIGG			<b>Medicinsk yoga &amp; Yinyoga</b> <b>18:30-19:45</b> Start v.34 - 15 ggr Jonna Kjellgren JONNASYOGA			<b>Rinyoga</b> <b>18:00-19:15</b> Start v.35 - 14 ggr Sofie Jakobsson RINYOGA