

HUDVIS YOGASCHEMA 2024

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
			Mediyoga 17:00-18:15 Start v.4 - 15 ggr Jonna Kjellgren JONNASYOGA	Hatha Flow 07:00-08:00 Start v.4 - 16 ggr Natalie Andersson MOVE IN HARMONY		
	Medicinsk yoga 10:00-11:00 Start v.4- 15 ggr Yvonne Stegeryd YOGA HELA LIVET		Mediyoga 18:30-18:19:45 Start v.4 - 15 ggr Jonna Kjellgren JONNASYOGA	Mediyoga 10:00-11:15 Start v.4 - 15 ggr Jonna Kjellgren JONNASYOGA		
Hatha-Yinyoga 17:30-18:45 Start v.5 - 15 ggr Karin Strand YOGAFOCUS	Hathayoga Intermediate 17:30-18:45 Start v.5 - 15 ggr Karin Strand YOGAFOCUS			Mediyoga 11:30-12:45 Start v.4 - 15 ggr Jonna Kjellgren JONNASYOGA		
YinYoga 19:00-20:15 Start v.2 - 9 ggr Caroline Brusman Daleklev HÄLSOPIGG		YinYoga 17:30-19:00 Start v.3 - 15 ggr Katja Ekström Katjas Yinyoga				