

# HÖSTSCHEMA

## 21 AUGUSTI – 22 DECEMBER



### G22

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
6.00-6.25 <b>PRANAYAMA</b> Ledd	6.00-6.25 <b>PRANAYAMA</b> Self-practice	6.00-6.25 <b>PRANAYAMA</b> Self-practice	6.00-6.25 <b>PRANAYAMA</b> Self-practice	6.00-6.25 <b>PRANAYAMA</b> Self-practice		
6.00-10.00 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , drop-in Ass: 6.30-9.30	6.00-9.00 <b>ASHTANGAYOGA</b> <b>MYSORE/Intro Mysore</b> drop-in, Ass: 6.30-8.30	6.00-9.00 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , drop-in Ass: 6.30-8.30	6.00-9.00 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , drop-in Ass: 6.30-8.30	6.00-9.00 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , drop-in Ass: 6.30-8.30	10.00-11.30 <b>ASHTANGAYOGA</b> Ledd, nivå 1&2 Kurs/drop-in	9.30-11.30 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , drop-in Ass: 9.30-11.00
	6.45-8.00 <b>ASHTANGAYOGA</b> Ledd, nivå 1&2 Kurs/drop-in		6.45-8.00 <b>ASHTANGAYOGA</b> Ledd, nivå 1&2 Kurs/drop-in			
			12.00-13.00 <b>ASHTANGAYOGA</b> Ledd, alla nivåer Drop-in			
17.30-19.30 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , kurs/drop-in Ass: 17.30-19.00	17.30-19.30 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , kurs/drop-in Ass: 17.30-19.00	17.30-19.00 <b>ASHTANGAYOGA</b> <b>MYSORE/Intro Mysore</b> 19.00-20.30 <b>MYSORE</b> , kurs/drop-in Ass: 17.30-20.30	17.30-19.30 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , kurs/drop-in Ass: 17.30-19.00	17.30-18.45 <b>AFTER WORK</b> <b>YOGA</b> Kurs/drop-in		15.30-16.45 <b>KILLYOGA</b> Ashtangayoga, nivå 1 Kurs/drop-in
17.30-18.50 <b>ASHTANGAYOGA</b> Nivå 1 Kurs/drop-in	17.30-19.00 <b>ASHTANGAYOGA</b> Nivå 2 Kurs/drop-in	17.30-18.50 <b>ASHTANGAYOGA</b> Nivå 1 Kurs/drop-in	17.30-19.00 <b>CHAKRAYOGA</b> Alla nivåer Sluten kurs			17.30-19.00 <b>YINYOGA</b> Alla nivåer Kurs/drop-in
19.00-20.30 <b>ASHTANGAYOGA</b> Nivå 3 Kurs/drop-in	19.10-20.30 <b>ASHTANGAYOGA</b> Nivå 1 Kurs/drop-in	19.00-20.15 <b>ASHTANGAYOGA</b> <b>Intro</b> Drop-in	19.10-20.40 <b>ASHTANGAYOGA</b> Nivå 2 Kurs/drop-in			
19.45-21.00 <b>YINYOGA</b> Alla nivåer Kurs/drop-in						

### P36

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
17.15-19.00 <b>ASHTANGAYOGA</b> <b>MYSORE</b> , kurs/drop-in Ass: 17.15-18.45	17.15-18.45 <b>ASHTANGAYOGA</b> Fortsättning/Nivå 2 Kurs/drop-in	17.15-18.45 <b>ASHTANGAYOGA</b> Fortsättning/Nivå 3 Kurs/drop-in	17.15-18.30 <b>MEDIYOGA</b> Alla nivåer Kurs/drop-in			
19.10-20.30 <b>ASHTANGAYOGA</b> Nybörjare/Nivå 1 Kurs/drop-in	19.00-20.30 <b>YINYOGA/</b> <b>PRANAYAMA</b> Alla nivåer Kurs/drop-in	19.00-20.30 <b>CHAKRAYOGA</b> Alla nivåer Sluten kurs	18.45-20.15 <b>YINYOGA</b> Alla nivåer Kurs/drop-in			17.30-19.00 <b>YINYOGA</b> Alla nivåer Kurs/drop-in

- ◆ ASHTANGAYOGA NIVÅ 1
- ◆ ASHTANGAYOGA NIVÅ 2
- ◆ ASHTANGAYOGA NIVÅ 3
- ◆ MYSORE

- ◆ CHAKRAYOGA :: KILLYOGA :: AFTER WORK YOGA
- ◆ YINYOGA :: PRANAYAMA :: MEDIYOGA