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Vårschema
Shala Zinkensdamm
 14 januari - 17 juni 2019

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
06:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Camilla	06:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Camilla	06:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Lina	06:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Lina	06:15 – 08:00 Ashtanga 4 Led primary Lisa leder hela första serien	10.00-11.20 Ashtanga 2 Ledd klass Drop-in Emma	08.00 – 11.30 Mysore style Drop-in Lina Camilla Britta Lisa
						11:40 - 12:50 Yinyoga 1 Ledd klass Camilla/Natalja
	12:00 – 13:10 Yin 1 Ledd klass Drop-in Britta			12:00 – 13:10 Ashtanga 1 Ledd klass Drop-in Cia		
	17:15 – 18:45 Mysore style Drop-in Kristel		17:15 – 18:45 Mysore style Drop-in Kristel	17:30– 18.50 Ashtanga 2 Ledd klass Drop-in Lilla salen Lena		
18:00 - 19:20 Ashtanga 2 Ledd klass Drop-in Lilla salen Hans/Lena	17:30 - 18:50 Ashtanga 2 Ledd klass Drop-in Lilla salen Lisa	19:00 – 20:30 Ashtanga 3 Ledd klass Drop-in Linda				