

Sommarschema 2021 ZINKENSDAMM

Vecka 22

| MÅNDAG 31/5 | TISDAG 1/6 | ONSDAG 2/6 | TORSDAG 3/6 | FREDAG 4/6 | LÖRDAG 5/6 | SÖNDAG 6/6 |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| 06:00 –08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 –08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 –09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00–07:30 Ashtanga Yoga Led primary Lisa Sänds online via Zoom 08:00-09:30 Mysore style Camilla | 08:00-10:00 Ashtanga Yoga Mysorestyle Drop-in Hans | RÖD DAG |
| | | | 10:30– 11:30 Mamma/ bebis yoga Kurs Kristel | | 10.15 – 11:30 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Cia Sänds online via Zoom | | |
| | | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | Nybör- jarinten- siv 18-19.30 Caroline | Nybör- jarinten- siv 13-15.00 Caroline | Nybör- jarinten- siv 13-15.00 Caroline |
| 17:00 – 19:00 Ashtanga Yoga Mysorekurs Ej Drop-in Lisa | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Camilla | | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Kristel | | | |
| 19.15 – 21.00 Ashtanga Yoga Fortsättning mot Mysore Kurs Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Camilla Sänds online via Zoom | | 18:45 – 20:30 Ashtanga Yoga Mysorekurs Kristel | | | |

Vecka 23

| MÅNDAG 7/6 | TISDAG 8/6 | ONSDAG 9/6 | TORSDAG 10/6 | FREDAG 11/6 | LÖRDAG 12/6 | SÖNDAG 13/6 |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 06:00 –08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 –09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | Mån-dag | 06:00–07:30 Ashtanga Yoga Led primary Lisa Sänds online via Zoom 08:00-09:30 Mysore style Camilla | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Hans | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Kristel |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | | | 10:30– 11:30 Mamma/ bebisyoga Kurs Kristel | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Cia Sänds online via Zoom | 10.15 – 11:30 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | 10.15 – 11:45 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Kristel |
| | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | | | | |
| 17:00 – 19:00 Ashtanga Yoga Mysorekurs Ej Drop-in Lisa | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Caroline | | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Kristel | | | |
| 19.15 – 21.00 Ashtanga Yoga Fortsättning mot Mysore Kurs Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 18:45 – 20:30 Ashtanga Yoga Mysorekurs Kristel | | | |
| | | | 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | | | |

Vecka 24

| MÅNDAG 14/6 | TISDAG 15/6 | ONSDAG 16/6 | TORSDAG 17/6 | FREDAG 18/6 | LÖRDAG 19/6 | SÖNDAG 20/6 |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 06:00 –08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00-08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 –09.30 Camilla | 06:00-08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00-08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00–07:30 Ashtanga Yoga Led primary Lisa Sänds online via Zoom 08:00-09:30 Mysore style Camilla | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Hans | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Kristel |
| | | | 10:30– 11:30 Mamma/ bebisyoga Kurs Kristel | | 10.15 – 11:30 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | 10.15 – 11:45 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Kristel |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Cia Sänds online via Zoom | | |
| | | | 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | | | |
| 17:00 – 19:00 Ashtanga Yoga Mysorekurs Ej Drop-in Lisa | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Camilla | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Kristel | Nybör- jarinten- siv 18-19.30 Maria | Nybör- jarinten- siv 13-15.00 Maria | Nybör- jarinten- siv 13-15.00 Maria |
| 19.15 – 21.00 Ashtanga Yoga Fortsättning mot Mysore Kurs Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Camilla Sänds online via Zoom | | 18:45 – 20:30 Ashtanga Yoga Mysorekurs Kristel | | | |

Vecka 25

| MÅNDAG 21/6 | TISDAG 22/6 | ONSDAG 23/6 | TORSDAG 24/6 | FREDAG 25/6 | LÖRDAG 26/6 | SÖNDAG 27/6 |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------|------------------------------------|------------------------|
| 06:00 –08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 –09.30 Camilla | 06:00 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | MÅN-DAG | MIDSOM- MAR-AFTON STÄNGT | MIDSOM- MAR-DAGEN STÄNGT | STÄNGT |
| | | | | | | |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | 11:30 – 12:30 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Kristel | | | |
| 17:00 – 19:00 Ashtanga Yoga Mysorekurs Ej Drop-in Lisa | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Caroline | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Kristel | | | |
| 19.15 – 21.00 Ashtanga Yoga Fortsättning mot Mysore Kurs Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | | | | | |

Vecka 26

| MÅNDAG 28/6 | TISDAG 29/6 | ONSDAG 30/6 | TORSDAG 1/7 | FREDAG 2/7 | LÖRDAG 3/7 | SÖNDAG 4/7 |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 06.00-08.00 Ashtanga Yoga Mysore Drop-in Llsa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Llsa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Llsa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Mysore style Camilla Sänds online via Zoom | 09.00 – 10:15 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | 08:00-10:00 Ashtanga Yoga Mysorestyle Drop-in Camilla Sänds online via Zoom |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Kristel Sänds online via Zoom | | 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Kristel Sänds online via Zoom | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Camilla Sänds online via Zoom | 11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa | 11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom |
| 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Åsa | 17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop in Siv Sänds online via Zoom | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 17.30-18.45 Ashtanga Yoga 75 min Ledd klass Drop-in Caroline Sänds online via Zoom | Fortsätt- ningsin- tensiv 18.00 - 20.00 Caroline | Fortsätt- ningsin- tensiv 13.00 - 15.00 Caroline | Fortsätt- ningsin- tensiv 13.00 - 15.00 Caroline |

Vecka 27

| MÅNDAG 5/7 | TISDAG 6/7 | ONSDAG 7/7 | TORSDAG 8/7 | FREDAG 9/7 | LÖRDAG 10/7 | SÖNDAG 11/7 |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom | 08:00-09:30 Mysore style Camilla Sänds online via Zoom | MÅN-DAG | 08:00-10:00 Ashtanga Yoga Mysorestyle Drop-in Camilla Sänds online via Zoom |
| 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Self-practice utan lärare | | | |
| | | | | | 09.00 – 10:15 Ashtanga Yoga 75 min Ledd klass Drop-in Sänds online via Zoom Emma | 11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Camilla Sänds online via Zoom | | | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Siv Sänds online via Zoom | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Emma Sänds online via Zoom | 11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa | |
| | | | | | | |
| 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Åsa | 17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop in Siv Sänds online via Zoom | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Johannes | 17.30 -18.45 Ashtanga Yoga 75 min Ledd klass Drop-in Johannes | | | |

Vecka 28

| MÅNDAG 12/7 | TISDAG 13/7 | ONSDAG 14/7 | TORSDAG 15/7 | FREDAG 16/7 | LÖRDAG 17/7 | SÖNDAG 18/7 |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Camilla Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Mysore style Lisa Sänds online via Zoom | 09.00 – 10:15 Ashtanga Yoga 75 min Ledd klass Drop-in Sänds online via Zoom Johannes | 08.00-10.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom |
| | | | | | 11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Siv Sänds online via Zoom | 11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Camilla Sänds online via Zoom | | | 11:30 – 12:45 Yin Yoga 75min Ledd klass Drop in Siv Sänds online via Zoom | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Lisa Sänds online via Zoom | | |
| | | | | | | |
| 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Åsa | 17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop in Siv Sänds online via Zoom | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Johannes | 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Johannes | | | |

Vi reserverar oss för eventuella schemaändringar. Se hemsidan för uppdateringar.

Vecka 29

| MÅNDAG 19/7 | TISDAG 20/7 | ONSDAG 21/7 | TORSDAG 22/7 | FREDAG 23/7 | LÖRDAG 24/7 | SÖNDAG 25/7 |
|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 06.00-08.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 06.00-08.00 Ashtanga Yoga Mysore Drop-in Lisa Sänds online via Zoom 08:00-09:30 Self-practice utan lärare | 08:00-09:30 Mysore style Lisa Sänds online via Zoom | 09.00 – 10:15 Ashtanga Yoga 75 min Ledd klass Drop-in Johannes | MÅN-DAG |
| | | | | | 11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Siv Sänds online via Zoom | 11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Paula | | | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Siv Sänds online via Zoom | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Lisa Sänds online via Zoom | | |
| | 17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop in Siv | | | | | |
| 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Paula | | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Paula | 17:30 – 18:45 Ashtanga Yoga Ledd klass 75 min Drop in Johannes | | | |

Vecka 32

| MÅNDAG 9/8 | TISDAG 10/8 | ONSDAG 11/8 | TORSDAG 12/8 | FREDAG 13/8 | LÖRDAG 14/8 | SÖNDAG 15/8 |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00-09.30 Camilla | 06:00-07:30 Ashtanga Yoga Led primary Lisa Sänds online via Zoom 08:00-09:30 Mysore style Camilla | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Hans | 08:00-10:00 Ashtanga Yoga Mysorestyle Drop-in Caroline |
| | | | | | 10.15 – 11:30 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | 10.15 – 11:45 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Caroline Sänds online via Zoom |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Siv Sänds online via Zoom | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Cia Sänds online via Zoom | | |
| | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Camilla | | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Caroline | | | |
| 17.30-19.00 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Lena | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | Yinyoga med mind- fulness 18-19.30 Siv | Yinyoga med mind- fulness 13-15 Siv | Yinyoga med mind- fulness 13-15 Siv |

Vecka 33

| MÅNDAG 16/8 | TISDAG 17/8 | ONSDAG 18/8 | TORSDAG 19/8 | FREDAG 20/8 | LÖRDAG 21/8 | SÖNDAG 22/8 |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00 – 08:00 Ashtanga Yoga Mysorestyle Drop-in Lisa Sänds online via Zoom 08.00 – 09.30 Camilla | 06:00–07:30 Ashtanga Yoga Led primary Lisa Sänds online via Zoom 08:00-09:30 Mysore style Camilla | 08:00 – 10:00 Ashtanga Yoga Mysorestyle Drop-in Hans | MÅN-DAG |
| 11:30 – 12:30 Ashtanga Yoga 60 min Ledd klass Drop-in Cia Sänds online via Zoom | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Camilla Sänds online via Zoom | | 11:30 – 12:45 Yin Yoga 75 min Ledd klass Drop in Jennifer | 11:30 – 12:45 Ashtanga Yoga 75 min Ledd klass Drop-in Cia Sänds online via Zoom | 10.15 – 11:30 Ashtanga Yoga 75 min Ledd klass Drop-in Hans Sänds online via Zoom | 10.15 – 11:45 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Kristol |
| 17.30-19.00 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Jon | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Camilla | 18.00-19.30 Ashtanga Yoga Halv ledd primary 90 min Ledd klass Drop-in Hans Sänds online via Zoom | 17.00-18.30 Ashtanga Yoga Mysore Drop-in Caroline | | | |
| 19:00 – 20:00 Ashtanga Yoga Prova-på Jon | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Lena | | 18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Caroline Sänds online via Zoom | Nybörjar intensiv 18 -19.30 Jon | Nybörjar intensiv 13 -15 Jon | Nybörjar intensiv 13 -15 Jon |