

Vårschema Shala Nytorget
Yogashala Stockholm, Gotlandsgatan 88
13 januari – 5 juni 2025

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	08.00 – 09.30 Mysore style Drop in Kristel	08.00 – 09.15 Hatha flow Ledd klass Drop in Therese	08.00 – 09.30 Mysore style Drop in Kristel	08.00 – 09.30 Mysore style Drop in Kristel	09.00-10.15 Ashtanga Nivå 2 Ledd klass Drop in Alice/ Lotta	09.00 – 10.15 Yin & Nidra Ledd klass Drop in Therese
			10.30 – 11.30 Mamma/ bebisyoga kurs Kristel Start 6/3			10.30 – 11.45 Hatha Flow Ledd klass Drop in Therese
12.00 – 13.00 Yin Ledd klass Drop in Lisa R	12.00 – 13.00 Ashtanga Nivå 1 Ledd klass Drop in Kristel	12.00 – 13.00 Yin Ledd klass Drop in Siv	12.00 – 13.00 Ashtanga Nivå 1 Ledd klass Drop-in Kristel Start 6/3	12.00 – 13.00 Hatha flow Ledd klass Drop in Lise-Lott		
	13.30 – 14.30 Mamma/ bebisyoga kurs Kristel	16.00 – 17.15 Restorative Ledd klass Drop in Lisa R				
17.45 – 19.15 Ashtanga Nivå 3 Ledd klass Drop in Jarinja	17.45 -19.15 Yinyoga kurs Siv	17.30– 18.45 IBS-Yoga kurs Lisa/Camilla	17.45 - 19.00 Hatha Flow Ledd klass Drop in Lise-Lott	17.30 – 18.45 Yin Ledd klass Drop in Siv		18.00 – 19.15 Yin Ledd klass Drop in Siv
19.30 – 20.45 Yoga för stela män Nybörjarkur s Jarinja	19.30 – 20.45 Yinyoga Ledd klass Drop in Siv	19.00 – 20.15 Yoga för stela kvinnor Nybörjarkurs Matilda	19.15 – 20.30 Restorative Ledd klass Drop in Lise-Lott			