



7 januari-5 april

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
19:00 Yoga Flow Drop-in 90 min Angelica Nanda Schäfer	06:30 Morgonyoga Drop-in 60 min Angelica Nanda Schäfer	19:00 Yoga Basic Drop-in 90 min Angelica Nanda Schäfer	18:00 Yin Yoga Drop-in 60 min Angelica Nanda Schäfer 19:30 Yoga Explore Your Core Drop-in 60 min	17:30 Freemove Friday 18/1 Specialklass, 120 min Angelica Nanda Schäfer & jOjo Norell	09:30 Self Care Saturday 16/2, 16/3, 13/4 Specialklass, 180 min Lisa Allan	11:00 - 14.00 Workshop Yoga Grund Specialklass 13/1 180 min Angelica Nanda Schäfer 15.30 - 18.30 Workshop Meditation Grund Specialklass 13/1 180 min jOjo Norell

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