



Y O G A S C H E M A

september

MÅNDAGAR

Ashtanga mix

Hot yin

Tema-klasser

TISDAGAR

Happy hips

Hot yoga

Lymfyoga

ONSDAGAR

Basic

Hot yoga

Anti stress

TORSDAGAR

Ashtanga mix

LÖRDAGAR

Hot yoga

SÖNDAGAR

Medicinsk yoga

Hot Hatha

Hot yoga