

**S K E M A** pr. 26/10-20

MANDAGE	TIRSDAGE	ONSDAGE	TORSDAGE	FREDAGE
<b>07.00-08.00</b> Hatha yoga	<b>9.00-10.15</b> Alderstilpasset/yin		<b>9.00-10.15</b> Alderstilpasset/yin	
	<b>10.30-11.45</b> Alderstilpasset/yin	<b>10.30-11.45</b> Alderstilpasset/yin	<b>10.30-11.45</b> Alderstilpasset/yin	
<b>16.30-17.45</b> Ashtanga yoga	<b>16.30-17.45</b> Yin yoga	<b>16.30-17.45</b> Ashtanga yoga	<b>16.30-17.45</b> Yin yoga	<b>15.00-16.15</b> Yin yoga
<b>18.00-19.15</b> Ashtanga yoga	<b>18.00-19.15</b> Yin yoga	<b>18.00-19.15</b> Yin yoga	<b>18.00-19.15</b> Hatha yoga	<b>16.30-18.00</b> Ashtanga Mysore