

Schema hösten 2018

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG
		Yoga Breakfast Club 07.00-08.00 Thea/Reena	MediYoga Bas Arr. föreningen HjärtLung 09.00-10.00 Lotta	
		Yoga Breakfast Club 09.15-10.15 Thea/Reena		
MediYoga Lunchpass mjuk 11.00-12.00 Lotta				MediYoga Lunchpass mjuk 11.00-12.00 Lotta
Soma Move Soft 17.00-18.00 Lotta		MediYoga Rygg (mjuk/medel) 17.00-18.15 Lotta	MediYoga Bas (mjuk) 17.15-18.15 Maria	
KundaliniYoga 19.15-20.45 Kristina	MediYoga AntiStress (variation) 18.30-19.45 Lotta	Soma Move Soft Kom i form 18.30-19.45 Lotta	MediYoga Inre Balans (mjuk/medel) 18.30-19.30 Maria	



Lotta Byrén
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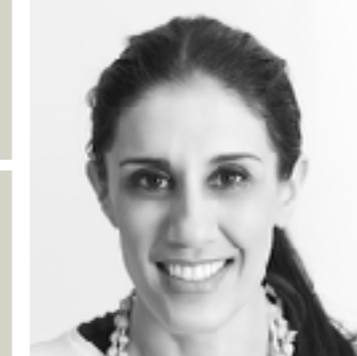
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