

Sommarschema Yoga By (3/6-18/8)

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VECKA 23

20240603-20240609

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-----------------------------|------------------------|---------------------|-----|-----------------------|----------------------------|----------------------|
| 6.00-8.00 Mysore | 6.00-9.00 Mysore | 6.00-9.00 Mysore | | 6.00-8.00 Mysore | | |
| 8.30-9.30 Ashtangayoga 1 | | | | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
| 18.30-19.30 Vinyasa Flow | 18.30-20.00 Yinyoga | | | | | |

VECKA 24

20240610-20240616

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-----------------------------|------------------------|---------------------|------------------------|-----------------------|----------------------------|----------------------|
| 6.00-8.00 Mysore | 6.00-9.00 Mysore | 6.00-9.00 Mysore | | 6.00-8.00 Mysore | | |
| 8.30-9.30 Ashtangayoga 1 | | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
| 18.30-19.30 Vinyasa Flow | 18.30-20.00 Yinyoga | | | | | |

VECKA 25

20240617-20240623

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-----------------------------|---------------------|---------------------|------------------------|-----------------|-----------------|-----------------|
| 6.00-8.00 Mysore | 6.00-9.00 Mysore | 6.00-9.00 Mysore | | | | |
| 8.30-9.30 Ashtangayoga 1 | | | 8.30-9.30 Hathayoga | | | |
| | | | | Midsommarstängt | Midsommarstängt | Midsommarstängt |
| | | | | | | |
| 18.30-19.30 Vinyasa Flow | | | | | | |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----------------------------|-----------------------------|------------------------|-----------------------|----------------------------|----------------------|
| VECKA 26 | | | | | | |
| 20240624-20240630 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-9.00 Mysore | 6.00-9.00 Mysore | 6.00-8.00 Mysore | 6.00-8.00 Mysore | | |
| | 8.30-9.30 Ashtangayoga 1 | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
| | | | | | | |
| | | 18.30-19.30 Vinyasa Flow | | | | |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----------------------------|-----------------------------|------------------------|-----------------------|----------------------------|----------------------|
| VECKA 27 | | | | | | |
| 20240701-20240707 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-9.00 Mysore | 6.00-9.00 Mysore | 6.00-8.00 Mysore | 6.00-8.00 Mysore | | |
| | 8.30-9.30 Ashtangayoga 1 | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
| | | | | | | |
| | | 18.30-19.30 Vinyasa Flow | | | | |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----------------------------|-----------------------------|-----|-----|-----|-----|
| VECKA 28 | | | | | | |
| 20240708-20240714 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-9.00 Mysore | 6.00-9.00 Mysore | | | | |
| | 8.30-9.30 Ashtangayoga 1 | | | | | |
| | | | | | | |
| | | | | | | |
| | | 18.30-19.30 Vinyasa Flow | | | | |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----------------------------|---------------------|------------------------|-----------------------|----------------------------|----------------------|
| VECKA 29 | | | | | | |
| 20240715-20240721 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-9.00 Mysore | 6.00-9.00 Mysore | 6.00-8.00 Mysore | 6.00-8.00 Mysore | | |
| | 8.30-9.30 Ashtangayoga 1 | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
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| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----------------------------|---------------------|------------------------|-----------------------|----------------------------|----------------------|
| VECKA 30 | | | | | | |
| 20240722-20240728 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-9.00 Mysore | 6.00-9.00 Mysore | 6.00-8.00 Mysore | 6.00-8.00 Mysore | | |
| | 8.30-9.30 Ashtangayoga 1 | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | 8.00-10.00 Ledd Primary | 8.00-10.00 Mysore |
| | | | | | | |
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| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----|-----|-----|-----|-----|-----|
| VECKA 31-32 | | | | | | |
| 20240729-20240811 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| V31-32 | S | O | M | M | A | R |
| | | | | | | |
| | S | T | Ä | N | G | T |
| | | | | | | |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
|-------------------|-----|---------------------|------------------------|--------------------------------|--------------------------------|--------------------------------|
| VECKA 33 | | | | | | |
| 20240812-20240818 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | | 6.00-9.00 Mysore | 6.00-8.30 Mysore | 6.00-8.00 Full ledd primary | | |
| | | | 8.30-9.30 Hathayoga | 8.30-9.30 Pranayin | | 8.00-10.00 Mysore |
| | | | | | Öppet hus med prova på yoga | Öppet hus med prova på yoga |
| | | | | | 9.00-10.00 Yinyoga | 10.30-11.30 Ashtangayoga |
| | | | | | 10.30-11.30 Lugn yoga | 12.00-13.00 Vinyasa flow |

| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
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| VECKA 34 | | | | | | |
| 20240819-20240825 | | | | | | |
| MÅN | TIS | ONS | TOR | FRE | LÖR | SÖN |
| | 6.00-8.30 Mysore | 6.00-9.00 Mysore | 6.00-8.30 Mysore | 6.00-8.00 Mysore | | |
| | 8.30-9.30 Ashtangayoga 1 | | 8.30-9.30 Hathayoga | | | 8.00-10.00 Mysore |
| | | | | | | 10.30-11.30 Pranayin |
| 18.30-19.30 Vinyasa Flow | 18.30-20.00 Yinyoga | 18.30-20.00 Ashtangayoga 1-2 | | | | |