

Kursschema Västerort Yoga Center Vår- 2018

Siktgatan 1 Vinsta/Vällingby 0707-898281 info@vmyoga.se

Måndag Tisdag Onsdag torsdag Fredag Lördag Söndag

Hatha Yoga B1 Lunch			11.45-12.45 M		11.45-12.45 J		
Hatha Yoga B1	17.30-18.30 J	20.10-21.10 Y	18.20-19.20 Å				
Hatha Yoga B1 +		17.20-18.35 J					
Hatha Yoga B2	20.10-21.25 J			17.25-18.40 J			
Hatha Yoga F1	18.35-20.05 J	18.35-20.05 J	19.30-21.00 Å		09.30-11.00 J		
Hatha Yoga F2				18.40-20.40 J			
Virya Yoga		18.10-19.40 Y					
Varm Yoga N	19.00-20.15 MT		18.00-19.15 MT				
Varm Yoga F			19.30-21.00 MT				
Flow Yoga							18.15-19.30 YA
CirkelFys HIIT		19.45-20.45 A					
Ashtanga Yoga N				19.25-20.55 G		10.05-11.35 M/G	
Ashtanga Yoga F			19.25-20.55 G				
Ashtanga Yoga F/M				17.45-19.15 G		08.30-10.00 M/G	
Ashtanga Yoga M	19.15-21.00 M						
Meditation							09.00-10.00 KU
Mediyoga		14.00-15.00 N	14.00-15.00 E				
			18.10-19.10 E				
Mindfulness		18.10-19.40 H					
Yoga/Meditation							18.00-19.30 D
Yin Yoga	10.00-11.15 JL		18.00-19.15 G	19.45-21.00 JL	13.00-14.15 JL		
Core Yoga N				17.15-18.15 JL			
Core Yoga F				18.25-19.40 JL			
Core/Rygg Pilates 1		19.25-20.25 U					
Core Pilates 2	19.40-20.40 U						
Tai Chi/Qigong			19.30-20.45 JI				18.30-19.30 UB
Afrikansk Dans	18.00-19.00 K					11.00-12.00 K	
Familjedans Afrika	17.00-17.45 K						
Familje Yoga						09.45-10.45 JK	
Ungdoms Yoga			16.50-17.50 G				
Senior Yoga/Pilates		10.00-11.00 U	10.00-11.00 J				
Senior Fys				10.00-10.50 U			
Gravid Yoga	18.00-19.30 U	18.00-19.15 U					
MammaMage Träning				13.00-14.15 U			
Mamma/Baby CoreYoga				11.00-12.00 U			
Mamma Fys		11.15-12.00 U					

Våra lärare: J=Jonathan(eng) U=Ulrika Å=Åsa M=Maria YA=Yannis E=Elisabeth N=Nina Y=Ylva JK=Jill

A=Anneli D=Didi KU=Kumar MT=Monica G=Gigi H=Hanna JL=Jeanette JI=Jakob UB=Ulrika K=Kala