

SPRING SCHEDULE 7 JANUARY – 26 JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15-8.45 (doors open at 06.00) Mysore <i>Isabella</i>	6.15-8.45 (doors open at 06.00) Mysore <i>Isabella</i>	6.15-8.45 (doors open at 06.00) Mysore <i>Isabella</i>	6.15-8.45 (doors open at 06.00) Mysore <i>Isabella</i>	6.15-8.45 (doors open at 06.00) Mysore <i>Isabella</i> NB! <u>ONE</u> Friday/month guided class Primary series 6.30-8.00 17/1, 14/2, 20/3, 17/4, 15/5, 26/6		8.40-9.00 (doors open at 08.30) Chanting <i>Isabella</i>
8.45-10.30 Self-practice unassisted	8.45-10.30 Self-practice unassisted	8.45-10.30 Self-practice unassisted	8.45-10.30 Self-practice unassisted	8.45-10.30* Self-practice unassisted *(8-9.30 after guided class)		9.00-11.30 Mysore <i>Isabella</i> NB! <u>ONE</u> Sunday/month guided class Primary series 5/1, 2/2, 1/3, 5/4, 3/5, 7/6
						10.30 -11.30 Tea&Talk 5/1, 2/2, 1/3, 5/4, 3/5, 7/6
						12-14.30 In depth course <i>Sara</i> 12/1, 19/1, 2/2, 16/2 <i>Isabella</i> 1/3,15/3, 29/3, 5/4,26/4
17.15-18.45 Intro class Ashtanga Beginners <i>Isabella</i> 23/3 and 27/4	17.15-18.45 Guided class half Primary series <i>Miho</i>	19-20 Yinyoga and meditation <i>Miho</i> COURSE 4/3 (8 w, break 8/4)	16.15-18.45 Mysore <i>Sara</i>	17.30-19 Friday-fun Special class, once monthly <i>Miho</i> 24/1, 28/2 <i>Isabella</i> 20/3, 24/4		