

AUTUMN SCHEDULE AUG/SEP – DEC 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 Primary series 6:30-8:00 18/9, 23/10, 20/11, 18/12		9:00-11:30 Mysore <i>Isabella</i> NB! <u>ONE</u> Sunday/month guided Primary series 6/9, 4/10, 1/11, 6/12
8:45-10:30 Self-practice unassisted self-practice	8:45-10:30 Self-practice unassisted self-practice	8:45-10:30 Self-practice unassisted self-practice	8:45-10:30 Self-practice unassisted self-practice	8:45-10:30* Self-practice unassisted self-practice *(8-9:30 after guided class)		10:30 -11:30 Tea&Talk 4/10, 1/11, 6/12 6/9 OPEN HOUSE!
					11-12:15 Yoga for men <i>Helena/Gunilla</i> NB! Limhamn Course start 22/8	12-14:45 "Taster session" –in depth course 1/month 20/9, 18/10, 8/11, 13/12
17:15-18:45 Ashtanga beginners <i>Isabella</i> Course start 14/9 (break w44)	17:15-18:30 Yinyoga & meditation <i>Miho</i> Course start/open class 8/9		17:15-18:45 Guided class half Primary Series <i>Sara</i> Course start /open class 17/9	17-19 Friday fun 1/month <i>Isabella</i> 25/9, 23/10, 27/11 och 30/12 (NB Wednesday!)		15-16:30 Ashtanga beginners <i>Gunilla</i> NB! Limhamn Course start 23/8