

# SCHEMA GRUPPTRÄNING WHITE VT 2019

VT 2019 (1 APRIL - 9 JUNI)

| MÅNDAG                               | TISDAG                       | ONSDAG                         | TORSDAG                      | FREDAG                             | LÖRDAG                              | SÖNDAG                         |
|--------------------------------------|------------------------------|--------------------------------|------------------------------|------------------------------------|-------------------------------------|--------------------------------|
| 06:15 VINYASA 45 DENNIS              | 07:00 YIN 60 MIN ANNA T      | 06:15 HATHA 60 MIN SARAH       | 07:00 MEDIYOGA 60 MIN EMMA   | 07:00 SOFT HATHA FLOW 60 MIN KARIN | 09:00 YIN 75 MIN MORGANE            | 14:30 YIN 60 MIN ANNA T        |
| 08:30 HATHA 75 MIN ANNA H            |                              | 08:30 HOTMOJO 60 MIN MAGDALENA |                              | 08:45 HOTYOGA 75 MIN ANNA H        | 10:30 PILATES 45 MIN GUNILLA        | 15:45 VINYASA 75 MIN MAGDALENA |
| 12:15 HOT-CORE/STRECH 45 MIN MALIN B | 11:15 POWERYOGA 60 MIN SOFIE | 11:30 HATHA 60 MIN SARAH       | 12:00 VINYASA 60 MIN MORGANE | 10:15 MINDFULNESS 60 MIN JAMAK     | 10:30 HOTYOGA 60 MIN MORGANE        |                                |
|                                      |                              |                                |                              |                                    |                                     |                                |
| 18:00 ASHTANGA 75 MIN JESSICA        | 18:00 MEDIYOGA 75 MIN EMMA   | 18:00 ASHTANGA 75 MIN BENGT    | 17:00 HOTASHTANGA 75 ANNA H  | 15:30 HOTMOJO 60 MIN ANNA H        | 11:45 VECKANS TEMAKLASS 75 RULLANDE | 16:00 HOTMOJO 60 MIN MALIN     |
| 18:00 HOTMOJO 60 MIN RULLANDE        | 18:00 HOTYOGA 60 MIN JESSICA | 19:30 HOTYOGA 60 MIN BENGT     | 17:45 PILATES 60 MIN GUNILLA | 16:45 BODYBALANCE 45 MIN ANKI      | 12:15 HOTMOJO 60 MIN ANKI           | 17:15 BODYBALANCE 60 MIN ANKI  |
| 19:25 SOFT HATHA FLOW 75 MIN KARIN   | 19:30 VINYASA 60 JESSICA     | 19:30 MINDFULNESS 60 MIN JAMAK | 18:30 HOTMOJO 60 MIN MALIN B |                                    |                                     |                                |
|                                      |                              |                                | 19:00 YIN 75 MIN SARAH       |                                    |                                     |                                |
|                                      |                              |                                |                              |                                    |                                     |                                |
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