

## SCHEMA GRUPPTRÄNING WHITE VT 2019

VT 2019 (7 JAN - 31 MARS)

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
06:15 VINYASA 60 DENNIS	07:00 YIN 60 MIN ANNA T	06:15 HATHA 60 MIN SARAH	07:00 MEDIYOGA 60 MIN EMMA	06:30 YOGA BASICS 60 MIN KARIN	09:00 YIN 75 MIN MORGANE	14:30 60 MIN YIN IDA
08:45 HATHA 60 MIN ANNA H				08:45 HOTYOGA 60 MIN ANNA H		
12:15 HOTMOJO 60 MIN MALIN B	11:15 HOTMOJO 60 MIN SOFIE	08:30 HOTMOJO 60 MIN MAGDALENA	12:00 VINYASA 60 MIN MORGANE	11:15 BODYBALANCE 60 MIN ANKI	10:30 PILATES 45 MIN GUNILLA	15:45 VINYASA 75 MIN MAGDALENA
18:00 ASHTANGA 75 MIN IDA	17:00 MEDIYOGA 75 MIN EMMA	18:00 ASHTANGA 75 MIN BENGT	17:45 PILATES 60 MIN GUNILLA	15:30 HOTMOJO 60 MIN ANNA H	12:15 HOTMOJO 60 MIN ANKI	17:00 HOTYOGA ANA M
18:15 HOTMOJO 60 MIN ANA M	18:30 YOGA BASICS 75 MIN KARIN	19:30 HOTYOGA 60 MIN BENGT	18:30 HOTMOJO 60 MIN MALIN B	16:45 MINDFULNESS 45 MIN JAMAK		17:15 BODYBALANCE 60 MIN ANKI
19:30 MINDFULNESS 45 MIN ANA M		19:30 MINDFULNESS 45 MIN JAMAK	19:00 YIN 75 MIN SARAH			
<b>ÖPPETTIDER WHITE</b>						
Mån-tors 06:00-21:00						
Fre 06:00-18:00						
Lör 08:00-14:00						
Sön 14:00-19:00						