

Yoga- & pilateskurs vår 2026

MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG
	10:00-11:15 YIN YOGA Mette			10:00-11:00 PILATES Linn
		17:30-18:45 JIVAMUKTI OPEN LIGHT Mette	17:00-18:15 HVILEPULS Kaja	
18:15-19:15 SPIRITUAL WARRIOR Mette	18:30-19:30 PILATES Linn			
19:30-20:45 YIN YOGA Mette		 REN YOGA		