

# March

2019

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## February

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 |    |    |

## April

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

| MONDAY   | TUESDAY                                     | WEDNESDAY                                   | THURSDAY                                       | FRIDAY   | SATURDAY | SUNDAY  |
|--|---|---|--|--|----------|---|
| 25   | 26  | 27  | 28   | 1  | 2        | 3   |
|  |   |   |  |  | rest day | 10:00 - 11:15<br>Virya Yoga med Ingela  |
| 4  | 5   | 6   | 7  | 8  | 9        | 10  |
|  |   | 18:00-19:15<br>Hatha Yoga for alle med Tine |  |  | rest day | 10:00 - 11:15<br>Virya Yoga med Ingela  |
| 11   | 12  | 13  | 14   | 15   | 16       | 17  |
| 18:00-19:15<br>Ashtanga Yoga Level 1 med Sofia   |   | 18:00-19:15<br>Hatha Yoga for alle med Tine |  |  | rest day | 08:30-10:00<br>MYSORE med Sofia<br>10:00-11:15<br>Ashtanga Yoga Level 1 med Rebecca |
| 18   | 19  | 20  | 21   | 22   | 23       | 24  |
| 18:00-19:15<br>Ashtanga Yoga Level 1 med Rebecca | 09:00-10:15<br>Yin/Stretch Yoga med Rebecca | 18:00-19:15<br>Hatha Yoga for alle med Tine | 10:00-11:00<br>Senior Yoga Fitness med Rebecca | 09:00-10:15<br>Ashtanga Yoga Level 1 med Rebecca | rest day | 10:00-11:15<br>Ashtanga Yoga Level 1 med Rebecca                                    |
| 25   | 26  | 27  | 28   | 29   | 30       | 31  |
| 18:00-19:15<br>Ashtanga Yoga Level 1 med Rebecca | 09:00-10:15<br>Yin/Stretch Yoga med Rebecca | 18:00-19:15<br>Hatha Yoga for alle med Tine | 10:00-11:00<br>Senior Yoga Fitness med Rebecca | 09:00-10:15<br>Ashtanga Yoga Level 1 med Rebecca | rest day | 10:00-11:15<br>Yin Yoga med Tine  |
| 1  | 2   | 3   | 4  | 5  | 6        | 7   |
|  |   |   |  |  |          |   |