



# Yoga classes

JUNE 2019

M	T	W	TH	F	S	S
					1	2
3	4 18.00-19.15 Stretch Yoga	5 * 09.00 Myk Yoga 18.00 Hatha Yoga	6 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (3+4)	7 09.00-10.15 Ashtanga Yoga 1 14.00-15.00 Kids Yoga (1+2)	8 09.30-11.15 Myk Yoga	9
10	11 18.00-19.15 Stretch Yoga	12 * 09.00 Myk Yoga 18.00 Hatha Yoga	13 13.30-14.30 Kids Yoga (3+4)	14 09.00-10.15 Ashtanga Yoga 1 14.00-15.00 Kids Yoga (1+2)	15 09.30-11.15 Myk Yoga	16
17	18 18.00-19.15 Stretch Yoga	19 * 09.00 Myk Yoga	20 13.30-14.30 Kids Yoga (3+4)	21 09.00-10.15 Ashtanga Yoga 1	22 09.30-11.15 Myk Yoga	23
24	25	26 * 09.00 Myk Yoga	27	28	29	30

\*All classes lasts 75 minutes

Drop in Welcome - NOK 200 per person  
 The yoga classes are suitable for all levels  
 For more info, please see [www.lynxwell.no](http://www.lynxwell.no)