



Yoga classes

MAY 2019

M	T	W	TH	F	S	S
		1 18.00-19.15 Hatha Yoga	2 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (3+4)	3 09.00-10.15 Ashtanga Yoga 1 14.00-15.00 Kids Yoga (1+2)	4	5
6 18.00-19.15 Ashtanga Yoga 1	7	8 * 09.00 Myk Yoga 13.45 Teen yoga 18.00 Hatha Yoga	9 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (3+4)	10 09.00-10.15 Ashtanga Yoga 1 14.00-15.00 Kids Yoga (1+2)	11	12
13 18.00-19.15 Ashtanga Yoga 1	14	15 * 09.00 Myk Yoga 13.45 Teen yoga 18.00 Hatha Yoga	16 CLOSED	17 CLOSED	18	19
20 18.00-19.15 Ashtanga Yoga 1	21	22 * 09.00 Myk Yoga 18.00 Hatha Yoga	23 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (3+4)	24 09.00-10.15 Ashtanga Yoga 1 14.00-15.00 Kids Yoga (1+2)	25	26
27 18.00-19.15 Ashtanga Yoga 1	28	29 * 09.00 Myk Yoga 13.45 Teen yoga 18.00 Hatha Yoga	30 CLOSED	31 CLOSED		

*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