



Yoga classes

AUGUST 2019

M	T	W	TH	F	S	S
			1	2	3	4
5	6	7 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	8	9	10 09.00-10.15 Ashtanga Led Half Primary (RL)	11
12	13	14 09.00-10.15 Yin Yoga (TSØ) 18.00-19.15 Hatha Yoga (TSØ)	15	16	17	18
19	20	21 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	22 10.00-11.00 Senior Yoga Styrke (RL)	23	24 09.00-10.15 Ashtanga Led Half Primary (RL)	25
26	27	28 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	29 10.00-11.00 Senior Yoga Styrke (RL)	30	31 09.00-10.15 Hatha Yoga (TSØ)	

Teachers: (RL)- Rebecca Loos, (TSØ)-Tine S. Østby

Drop in Welcome - NOK 200 per person
 The yoga classes are suitable for all levels
 For more info, please see www.lynxwell.no



Yoga classes

SEPTEMBER 2019

M	T	W	TH	F	S	S
						1 10.30-11.45 Yin Yoga (TSØ)
2	3 18.00-19.15 Ashtanga Level 1 (RL)	4 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	5 - RL 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (2+3+4)	6	7 09.00-10.15 Hatha Yoga (TSØ)	8 10.30-11.45 Yin Yoga (TSØ)
9	10 18.00-19.15 Ashtanga Level 1 (RL)	11 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	12 - RL 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (2+3+4)	13 14.00-15.00 Kids Yoga (5+6+7) (RL)	14 09.00-10.15 Ashtanga Led Half Primary (RL)	15 10.30-11.45 Yin Yoga (TSØ)
16	17 18.00-19.15 Ashtanga Level 1 (RL)	18 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	19 - RL 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (2+3+4)	20 14.00-15.00 Kids Yoga (5+6+7) (RL)	21 09.00-10.15 Ashtanga Led Half Primary (RL)	22 10.30-11.45 Yin Yoga (TSØ)
23	24 18.00-19.15 Ashtanga Level 1 (RL)	25 09.00-10.15 Yin Yoga (RL) 18.00-19.15 Hatha Yoga (TSØ)	26 - RL 10.00-11.00 Senior Yoga 13.30-14.30 Kids Yoga (2+3+4)	27 14.00-15.00 Kids Yoga (5+7) (RL)	28 09.00-10.15 Hatha Yoga (TSØ)	29 10.30-11.45 Yin Yoga (TSØ)

Teachers: (RL)- Rebecca Loos, (TSØ)-Tine S. Østby
*Same teacher for all classes

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