

# SOMMARSHEMA

|      | måndag 12/6                              | tisdag 13/6                                | onsdag 14/6                          | torsdag 15/6                           | fredag 16/6                           | lördag 17/6                              | söndag 18/6                             |
|------|--|--|--------------------------------------|--|---------------------------------------|--|---|
| v 24 |  |  |                                      |  |                                       | <b>Jivamukti</b><br>9.00-10.15<br>Roxana |   |
|      | <b>Hatha</b><br>18.00-19.15<br>Nenne     | <b>Mjuk Hatha</b><br>18.00-19.15<br>Roxana | <b>Hatha</b><br>18.30-19.45<br>Nenne | <b>Vinyasa</b><br>18.00-19.15<br>Jenni | <b>Hatha</b><br>17.15-18.30<br>Roxana |  | <b>Yin</b><br>18.00-19.15<br>Anna Karin |
|      |  |  |                                      |  |                                       |  |   |
|      | <b>Mediyoga</b><br>19.30-20.30<br>Roxana |  |                                      | <b>Yin</b><br>19.30-20.45<br>Jenni     |                                       |  |   |

|      | måndag 19/6                          | tisdag 20/6                                 | onsdag 21/6                            | torsdag 22/6                         | fredag 23/6                             | lördag 24/6 | söndag 25/6 |
|------|--------------------------------------|---|--|--------------------------------------|---|-------------|-------------|
| v 25 |                                      |   |  | <b>Vinyasa</b><br>10.00-11.15<br>Ted | Midsommar      Midsommar      Midsommar |             |             |
|      | <b>Hatha</b><br>18.30-19.45<br>Nenne | <b>Mjuk Hatha</b><br>18.00-19.15<br>Jessica | <b>Vinyasa</b><br>18.30-19.45<br>Nenne | <b>Yin</b><br>15.00-16.15<br>Jenni   |   |             |             |

|     | måndag 26/6                          | tisdag 27/6                                 | onsdag 28/6                          | torsdag 29/6                       | fredag 30/6                          | lördag 1/7                               | söndag 2/7                         |
|-----|--------------------------------------|---|--------------------------------------|------------------------------------|--------------------------------------|--|------------------------------------|
| v26 |                                      | <b>Vinyasa</b><br>10.00 - 11.15<br>Jessica  |                                      |                                    |                                      | <b>Ashtanga</b><br>9.30- 10.45<br>Roxana |                                    |
|     |                                      |   |                                      | <b>Vinyasa</b><br>16.30<br>Jenni   |                                      |  |                                    |
|     | <b>Hatha</b><br>18.30-19.45<br>Nenne | <b>Mjuk Hatha</b><br>18.00-19.15<br>Jessica | <b>Hatha</b><br>18.00-19.15<br>Nenne | <b>Yin</b><br>18.00-19.15<br>Jenni | <b>Hatha</b><br>17.15-18.30<br>Jenni |  | <b>Yin</b><br>16.30-17.45<br>Jenni |

|            | måndag 3/7                           | tisdag 4/7                                 | onsdag 5/7                         | torsdag 6/7                               | fredag 7/7                           | lördag 8/7                                | söndag 9/7                          |
|------------|--------------------------------------|--|------------------------------------|---|--------------------------------------|---|-------------------------------------|
| <b>v27</b> |                                      | <b>Vinyasa</b><br>10.00 - 11.15<br>Jessica |                                    | <b>Jivamukti</b><br>10.00-11.15<br>Andrea |                                      | <b>Ashtanga</b><br>10.00- 11.15<br>Roxana |                                     |
|            | <b>Hatha</b><br>18.30-19.45<br>Nenne | <b>Mjuk Hatha</b><br>18.00-19.15<br>Roxana | <b>Vinyasa</b><br>18.00<br>Jessica | <b>Yin</b><br>18.00-19.15<br>Andrea       | <b>Hatha</b><br>17.15-18.30<br>Jenni |   | <b>Yin</b><br>16.30-18.00<br>Andrea |

|             | måndag 10/7                          | tisdag 11/7                                | onsdag 12/7                              | torsdag 13/7                             | fredag 14/7                          | lördag 15/7                                | söndag 16/7                         |
|-------------|--------------------------------------|--|--|--|--------------------------------------|--|-------------------------------------|
| <b>v 28</b> |                                      | <b>Vinyasa</b><br>10.00 - 11.15<br>Roxana  |  | <b>Ashtanga</b><br>10.00-11.15<br>Roxana |                                      | <b>Jivamukti</b><br>10.00- 11.15<br>Andrea |                                     |
|             | <b>Hatha</b><br>18.30-19.15<br>Grant | <b>Mjuk Hatha</b><br>18.00-19.15<br>Roxana | <b>Vinyasa</b><br>18.00-19.15<br>Jessica | <b>Yin</b><br>18.00-19.15<br>Grant       | <b>Hatha</b><br>17.15-18.30<br>Grant |  | <b>Yin</b><br>16.30-18.00<br>Andrea |

## SOMMARLOV: v 29-v 31

|             | måndag 7/8                           | tisdag 8/8                                  | onsdag 9/8                             | torsdag 10/8                             | fredag 11/8                          | lördag 12/8                             | söndag 13/8                         |
|-------------|--------------------------------------|---|--|--|--------------------------------------|---|-------------------------------------|
| <b>v 32</b> |                                      | <b>Jivamukti</b><br>10.30 - 11.45<br>Roxana |  | <b>Ashtanga</b><br>10.00-11.15<br>Roxana |                                      | <b>Vinyasa</b><br>10.00- 11.15<br>Jenni |                                     |
|             | <b>Hatha</b><br>18.30-19.45<br>Grant | <b>Mjuk Hatha</b><br>18.00-19.15<br>Roxana  | <b>Vinyasa</b><br>18.00-19.15<br>Nenne | <b>Yin</b><br>18.00-19.15<br>Andrea      | <b>Hatha</b><br>17.15-18.30<br>Grant |   | <b>Yin</b><br>16.30-18.00<br>Andrea |

|             | måndag 14 /8                         | tisdag 15/8                                | onsdag 16/8                              | torsdag 17/8                             | fredag 18/8                          | lördag 19/8                               | söndag 20/8                        |
|-------------|--------------------------------------|--|--|--|--------------------------------------|---|------------------------------------|
| <b>v 33</b> |                                      | <b>Vinyasa</b><br>10.00 - 11.15<br>Jessica |  | <b>Ashtanga</b><br>10.00-11.15<br>Roxana |                                      | <b>Ashtanga</b><br>10.00- 11.15<br>Roxana |                                    |
|             | <b>Hatha</b><br>18.30-19.45<br>Nenne | <b>Mjuk Hatha</b><br>18.00-19.15<br>Roxana | <b>Vinyasa</b><br>18.00-19.15<br>Jessica | <b>Yin</b><br>18.00-19.15<br>Andrea      | <b>Hatha</b><br>17.15-18.30<br>Grant |   | <b>Yin</b><br>18.00-19.15<br>Grant |

Sommarschema: 12/6-20/8. Sommarstängt: v29-v31.  
Vi reserverar oss för eventuella ändringar  
Boka gärna din klass på <http://www.brahmayoga.se/bokning/>