

Vinter 2023

TIR

ONS

TOR

FRE

16.30-17.30

Yoga
Bedrift

16.30-17.45

Mind-
fulness

18.00-19.15

Yinyoga

18.00-19.15

ViryaYoga
Nivå 2

18.00-19.15

ViryaYoga
Nivå 1

18.00-19.15

ViryaYoga
Nivå 3

19.30-20.45

Yoga
Menn