

SCHEMA HÖSTLOV

Måndag	Tisdag	Onsdag	Torsdag	Fredag
9:00 Pilates Matwork	8:00 SG Apparat	8:00 SG Functional Dynamics	9:00 SG Functional Dynamics	8:00 Soma Move
10:00 SG Apparat	10:00 Soma Awareness	9:00 SG Apparat	10:00 Pilates Awareness	9:00 Pilates Matwork
18:00 SG Apparat	17:00 Pilates Awareness	19:00 Pilates Matwork		
19:00 Pilates Matwork				

