

**SELF-PRACTICE SCHEDULE 6-18 JULY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>6.30-9.00</b> <b>Ashtanga Open self-practice</b> <b>Malmö</b> 6+13 July		<b>6.30-9.00</b> <b>Ashtanga Open self-practice</b> <b>Malmö</b> 8+15 July		<b>6.30-9.00</b> <b>Ashtanga Open self-practice</b> <b>Lund</b> 10+17 July		
						<b>09.30-11.30</b> <b>Ashtanga Open self-practice</b> <b>Malmö</b> 5+12 July
	<u><b>16.45-19.15</b></u> <b>Ashtanga Open self-practice</b> <b>Malmö</b> 7+14 July	<u><b>16.45-19.15</b></u> <b>Ashtanga Open self-practice</b> <b>Lund</b> 8+15 July	<u><b>16.45-19.15</b></u> <b>Ashtanga Open self-practice</b> <b>Malmö</b> 9+16 July			