

SUMMER SCHEDULE 19 JULY – 30 AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30-8.30 Ashtanga Mysore 20/7-24/8 Malmö (no class 10/8)		6.30-8.30 Ashtanga Mysore 22/7-24/8 Malmö (no class 12/8)		6.30-9.00 Ashtanga Open self-practice 24/7-26/8 Lund		09.10-09.30 Chanting 19/7-30/8 Malmö (no class 9/8)
					10-12 Beginner's weekend course Malmö 1/8 Lund 22/8	09.30-11.30 Ashtanga Mysore 19/7-30/8 Malmö (no class 9/8)
						12.30-14 FREE intro to Ashtanga/Mysore Malmö Only 30/8
					14-16 Beginner's weekend course Malmö 1/8 Lund 22/8	
	<u>16.45-19.15</u> Ashtanga Mysore 21/7-25/8 Malmö	<u>16.45-19.15</u> Ashtanga Mysore 22/7-26/8 Lund (no class 12/8)	<u>16.45-19.15</u> Ashtanga Mysore Start 23/7-27/8 Malmö	<u>17.15-18.45</u> Ashtanga Led class (whole Primary series) Start 24/7-28/8 Malmö (no class 7/8)		