

august 14 – december 17

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		10:00-11:15 vinyasa 1 <i>Ane</i>			10:30-11:45 mixed vinyasa <i>Kristine</i>	11:00-12:15 mixed vinyasa <i>Anne</i>
17:00-18:15 yoga basic <i>Anne</i>	17:00-18:30 yoga intermediate <i>Anne</i>	17:30-18:45 yoga basic <i>Anne</i>	17:00-18:30 ashtanga <i>El Ri</i>	17:00-18:30 friday vinyasa <i>Anne</i>		
18:25-19:45 vinyasa 1 <i>Anne</i>		19:00-20:15 pilates <i>Jessica</i>	19:00-20:15 vinyasa 1 <i>Pia Lise</i>			
	20:10-21:10 ** qigong <i>Axel</i>					

* registration required. More info at www.terrayoga.no/workshops

** every other week: 22.08, 5.09, 19.09, 3.10, 17.10, 31.10, 14.11, 28.11, 12.12

punch card

5 classes: 950 NOK
10 classes: 1750 NOK

unlimited membership

4 weeks: 1200 NOK
18 weeks: 3900 NOK

beginner series 1150 NOK

drop in 200 NOK

students 10% discount

