

TimePlan



HOLMESTRAND YOGA

Høst 2026

www.holmestrandyoga.no

MANDAG

TIRSDAG

ONSDAG

TORSDAG

FREDAG

LØRDAG

Oppstart
uke 34

Påmelding

beate@holmestrandyoga.no

1) 6-ukers kurs -
oppstart uke 35

2) 10-ukers kurs -
oppstart uke 38

3) 6-ukers kurs -
oppstart uke 35

4) 6 ukers kurs,
oppstart uke 35

5) Siste fredag i
måned

08:30-09:30
Yin&Yang
60 min
Hanne Britt

11:00-12:00
Barselyoga 1)
60min
Mari

17:45-19:15
Ashtanga
75-90 min
Beate

19:30-20:45
YinYoga
75 min
Hanne Britt

17:30-19:00
Hatha Yoga
90min
Linda

19:15-20:15
Yoga kreftoverlevende 2)
60 min
Linda

08:30-09:30
Myk Hatha Yoga
60 min
Linda

18:00-19:00
Ashtanga Intro 3)
60min
Beate

19:30-20:45
Ashtanga
75 min
Erling

18:00-19:15
Løp&Yoga 4)
60-75 min
Sandra/Beate

19:30-20:30
MykYoga
60 min
Beate

08:30-09:30
Ashtanga Basis
60min
Beate

17:30-18:30
Fredagsrytmer 5)
60min
Beate

08:30-10:30
Mysore/egenpraksis
60-90min
Beate

SØNDAG

10:00-11:15
Hatha&Yin
75min
Mari



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