



Julschema 2018 Yogashakti Slussen, Högbergsgatan 30A

Schema för 17 dec-23 dec

MÅNDAG	TISDAG	ONSDAG	TORS DAG	FREDAG	LÖRDAG	SÖNDAG
06.45-08.00 Vinyasa flow Isabella		06.45-08.00 Hatha flow Cecilia				
09.30-11.00 Hatha Isabella	09.30-11.00 Hatha & Meditation Luke Bache		09.30-11.00 Vinyasa Mia	09.30-11.00 Hatha Luke	10.00-11.15 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Isabella
12.00-13.00 Vinyasa flow Tess	12.00-13.00 Yin yoga Luke Bache	12.00-13.00 Vinyasa Eva Lindblad	12.00-13.00 Hatha core Hillevi Borga	12.00-13.00 Vinyasa Marianne	11.30-13.00 Vinyasa flow Mia	12.15-13.45 Yin yoga Isabella
		JULMINGEL KL.16.00-20.00			13.15-14.45 Yin yoga Mia	
16.30 - 18.00 Hatha slow Mateusz		17.00-18.30 Hatha Slow Sara Hoy		16.30-18.00 Yin/restorative Mateusz		
17.30-18.45 Vinyasa flow Eva Lindblad	17.00-18.15 Yin & yoga nidra Eva Lindblad	18.00-19.30 Vinyasa Shay Peretz	17.30-19.00 Vinyasa flow Lisa Axelsson	17.00-18.30 Vinyasa flow Robert Sörensen		
18.15-19.45 Hatha core Marika	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.45-20.15 Inversions & armbal Sara Hoy	18.30-19.45 Hatha Basic Cecilia			
	18.30-20.00 Vinyasa flow Eva Lindblad	19.15-20.30 Candle Light Yin Elin Källsmyr				

Schema för 24 dec - 30 dec

JULAFTON	JULDAGEN	ANNANADAG JUL	TORS DAG 27/12	FREDAG 28/12	LÖRDAG 29/12	SÖNDAG 30/12
vila...	vila...	vila...	11.00-12.30 Vinyasa flow	11.00-12.30 Hatha flow Marika	11.30-13.00 Vinyasa flow Mia	11.00-12.30 Vinyasa flow Lisa???
			13.00-14.30 Yin yoga Cecilia	15.00-16.30 Yin yoga	13.15-14.45 Yin yoga Mia	15.00- 16.30 Embodied flow Isabella
			15.00-16.15 Hatha Cecilia	16.00-17.30 Vinyasa flow Robert	15.00-16.30 Vinyasa flow Monika	16.45-18.15 Restorative Isabella
			17.00-18.15 Vinyasa flow			

Schema för 31 dec - 6 jan

NYÅRSAFTON	NYÅRS DAGEN	ONSDAG 2/1	TORS DAG 3/1	FREDAG 4/1	LÖRDAG 5/1	SÖNDAG 6/1
09.30-11.00 Hatha flow Ulrica		10.00-11.30 Vinyasa	10.00-11.15 Hatha	11.00-12.30 Vinyasa flow Anna?	11.00-12.15 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Eva Lindblad
11.30-13.00 Vinyasa flow Eva S	vila...	12.00-13.15 Yin yoga	12.00-13.00 Vinyasa flow Robert			12.15-13.45 Yin & yoga nidra Eva Lindblad
12.30-14.00 Yin yoga Cecilia		15.00-16.30 Vinyasa Shay Peretz	16.00-17.15 Yin yoga Cecilia?	15.00-16.30 Yin/restorative Mateusz	13.00-14.15 Yin yoga Johanna W?	
13.15-14.30 Hatha flow Marika		17.00-18.30 Hatha flow Monika	17.30-19.00 Vinyasa flow	16.30-18.00 Vinyasa flow Robert Sörensen	15.00-16.30 Vinyasa flow Eva Smocynska	15.00- 16.30 Embodied flow Isabella
15.00-16.30 Vinyasa flow Lisa A		18.00-19.30 Vinyasa Shay Peretz				16.45-18.15 Restorative Isabella

Schema för 7 jan - 13 jan

MÅNDAG	TISDAG	ONSDAG	TORS DAG	FREDAG	LÖRDAG	SÖNDAG
				07.30-08.45 Vinyasa qi flow Luke		
09.30-11.00 Hatha Isabella	09.30-11.00 Hatha & Meditation Luke Bache		09.30-11.00 Anusara Helena	09.30-11.00 Hatha Luke	10.00-11.15 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Eva Lindblad
12.00-13.00 Vinyasa flow Tess	12.00-13.00 Yin yoga Luke Bache	12.00-13.00 Vinyasa Eva Lindblad	12.00-13.00 Vinyasa flow Robert	12.00-13.00 Vinyasa Anna Gordh Humlesjö	11.30-13.00 Vinyasa flow	12.15-13.45 Yin & yoga nidra Eva Lindblad
				14.00-15.15 Asana in motion Mateusz	13.15-14.45 Yin yoga	
16.30 - 18.00 Hatha slow Mateusz	17.00-18.15 Yin & yoga nidra Eva Lindblad	17.00-18.30 Hatha Slow Sara Hoy	17.30-19.00 Vinyasa flow Anna Gordh Humlesjö	15.30-17.00 Yin/restorative Mateusz	15.00-16.30 Vinyasa flow Eva Smocynska	15.00- 16.30 Embodied flow Isabella
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa Shay Peretz	18.30-19.45 Hatha Basic Cecilia	17.00-18.30 Vinyasa flow Robert Sörensen		16.45-18.15 Restorative Isabella
18.15-19.45 Hatha core Marika	18.30-20.00 Vinyasa flow Eva Lindblad	19.15-20.30 Candle Light Yin Elin Källsmyr				