



PRELIMINÄRT SOMMARSHEMA 2019 SLUSSEN; HÖGBERGSGATAN 30A

MÅNDAG 27/5	TISDAG 28/5	ONSDAG 29/5	TORSDAG 30/5	FREDAG 31/5	LÖRDAG 1/6	SÖNDAG 2/6
06.45-08.00 Vinyasa flow 1-2 Isabella		07.00-08.15 Vinyasa flow Eva Smocynska				
09.30-10.45 Hatha yoga Isabella	10.00-11.30 Hatha & Meditation Luke Bache	10.00-11.15 Vinyasa basic Anna Gordh Humlesjö	10.00-11.30 Hatha flow Jennie Wadsten	09.30-11.00 Hatha Luke	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Eva Eriksson
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad		11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	12.15-13.45 Yin yoga Jan
16.30 - 18.00 Hatha Slow Mateusz					12.45-14.15 Yin yoga	
17.30-18.45 Vinyasa flow Eva Lindblad	17.00-18.15 Yin yoga Eva Lindblad	17.00-18.30 Hatha & pranayama Chungmei	16.30-18.00 Vinyasa flow Anna		15.00-16.30 Vinyasa flow Eva Smocynska	15.00- 16.30 Embodied flow Isabella
18.15-19.30 Hatha core Mateusz	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa flow Shay Peretz	17.00-18.30 Yin yoga Jennie Wadsten	17.00-18.30 Vinyasa flow Robert Sörensen		
19.00-20.15 Vinyasa flow Tess	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 3/6	TISDAG 4/6	ONSDAG 5/6	TORSDAG 6/6	FREDAG 7/6	LÖRDAG 8/6	SÖNDAG 9/6
07.00-08.15 Vinyasa flow 1-2 Isabella		07.00-08.15 Vinyasa flow Eva Smocynska				
09.30-10.45 Hatha yoga Isabella	10.00-11.30 Hatha & Meditation Luke Bache	10.00-11.15 Vinyasa basic Anna Gordh Humlesjö	10.00-11.30 Hatha flow	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Nadine
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad		11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	12.15-13.45 Yin yoga Isabella
16.30 - 18.00 Hatha Slow Mateusz					12.45-14.15 Restorative Isabella	
17.30-18.45 Vinyasa flow Eva Lindblad	17.00-18.15 Yin yoga Eva Lindblad	17.00-18.30 Hatha & pranayama Chungmei	16.30-18.00 Vinyasa flow Anna Gordh Humlesjö	16.30-18.00 Yin yoga Mateusz	15.00-16.30 Vinyasa flow Eva Smocynska	15.00- 16.30 Embodied flow Isabella
18.15-19.15 Pilates Jenny B	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa flow Shay Peretz	17.00-18.30 Yin yoga Ulrica	17.00-18.30 Vinyasa flow Robert Sörensen		
19.00-20.15 Vinyasa flow Tess	18.30-20.00 Vinyasa flow Eva Lindblad	19.00-20.30 Yin yoga Ywonne				

MÅNDAG 10/6	TISDAG 11/6	ONSDAG 12/6	TORSDAG 13/6	FREDAG 14/6	LÖRDAG 15/6	SÖNDAG 16/6
07.00-08.15 Vinyasa flow 1-2 Isabella		07.00-08.15 Vinyasa flow Eva Smocynska				
09.30-10.45 Hatha yoga Isabella	10.00-11.30 Hatha & Meditation Luke Bache	10.00-11.15 Vinyasa basic Anna Gordh Humlesjö	09.30-11.00 Anusara Helena	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Hatha core Hillevi Borga	11.45-12.45 Vinyasa flow	11.00-12.30 Vinyasa flow Sara Utberg	
16.30 - 18.00 Hatha Slow Mateusz			17.00-18.15 Yin yoga Ulrica Norberg		12.45-14.15 Yin yoga Isabella?	
17.30-18.45 Vinyasa flow Eva Lindblad	17.00-18.15 Yin yoga Eva Lindblad	17.00-18.30 Hatha & pranayama Chungmei	17.30-19.00 Vinyasa flow	17.00-18.30 Vinyasa flow Robert Sörensen	15.00-16.30 Vinyasa flow Eva Smocynska	15.00- 16.30 Embodied flow Isabella
18.15-19.15 Pilates Jenny B	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa flow Shay Peretz	18.30-19.45 Hatha Basic Cecilia			16.45-18.15 Restorative Isabella
19.00-20.15 Vinyasa flow Tess	18.30-20.00 Vinyasa flow Eva Lindblad	19.00-20.30 Yin yoga Ywonne				

MÅNDAG 17/6	TISDAG 18/6	ONSDAG 19/6	TORSDAG 20/6	MIDSOMMARAFTON	MIDSOMMARDAGEN	SÖNDAG 23/6
		07.00-08.15 Vinyasa flow Eva Smocynska		Vila...	Vila...	Vila...
09.30-10.45 Hatha yoga Isabella	10.00-11.30 Hatha & Meditation Luke Bache	10.00-11.15 Vinyasa basic Isabella	09.30-11.00 Anusara Helena			
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad				
16.30 - 18.00 Hatha Slow Matusz						
17.30-18.45 Vinyasa flow Eva Lindblad	17.00-18.15 Yin yoga Eva Lindblad	17.00-18.30 Hatha & pranayama Chungmei				
18.15-19.15 Pilates Jenny B	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa flow Shay Peretz				
19.00-20.15 Vinyasa flow Tess	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 24/6	TISDAG 25/6	ONSDAG 26/6	TORSDAG 27/6	FREDAG 28/6	LÖRDAG 29/6	SÖNDAG 30/6
June 24-28th kl.07.00-08.30 Morning intensive course with Shay, 5 ggr 1000 SEK (900 SEK if you have a card at Yogashakti)						
09.30-10.45 Hatha yoga Isabella	09.30-11.00 Hatha & Meditation Luke Bache	09.30-10.45 Hatha flow Tess	09.30-11.00 Anusara Helena	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Pilates Jenny B	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Chungmei	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö			15.30- 16.45 Hatha flow
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Hatha flow	17.00-18.30 Vinyasa flow Robert Sörensen		17.00-18.30 Yin yoga Ywonne
18.30-19.30 Pilates Jenny B	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 1/7	TISDAG 2/7	ONSDAG 3/7	TORSDAG 4/7	FREDAG 5/7	LÖRDAG 6/7	SÖNDAG 7/7
09.30-10.45 Hatha yoga	09.30-11.00 Hatha & Meditation	09.30-10.45 Hatha flow Tess	09.30-11.00 Hatha flow Matilda Mannström	09.30-11.00 Hatha Lisa A	09.30-10.45 Hatha flow	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Matilda Mannström	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Pilates Jenny B	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Chungmei	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö			15.30- 16.45 Hatha flow
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Matilda Mannström	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Hatha flow	17.00-18.30 Vinyasa flow		17.00-18.30 Yin yoga Ywonne
18.30-19.30 Pilates Jenny B	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 8/7	TISDAG 9/7	ONSDAG 10/7	TORSDAG 11/7	FREDAG 12/7	LÖRDAG 13/7	SÖNDAG 14/7
09.30-10.45 Hatha yoga	09.30-11.00 Hatha & Meditation Eva Lindblad	09.30-11.00 Vinyasa flow Eva Lindblad	09.30-11.00 Hatha flow Matilda Mannström	09.30-11.00 Hatha		
11.45-12.45 Vinyasa flow Matilda Mannström	11.45-12.45 Yin yoga Matilda Mannström		11.45-12.45 Hatha core	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	10.00-11.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Chungmei	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö			15.30- 16.45 Hatha flow
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Matilda Mannström	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Hatha flow	17.00-18.30 Vinyasa flow		16.00-17.30 Yin yoga Ywonne
18.30-19.45 Hatha core	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 15/7	TISDAG 16/7	ONSDAG 17/7	TORSDAG 18/7	FREDAG 19/7	LÖRDAG 20/7	SÖNDAG 21/7
	09.30-11.00 Hatha & Meditation Anna G Humlesjö	09.30-11.00 Vinyasa flow Eva Lindblad	09.30-11.00 Hatha flow Matilda Mannström	09.30-11.00 Hatha		
11.45-12.45 Vinyasa flow Matilda Mannström	11.45-12.45 Yin yoga Matilda Mannström		11.45-12.45 Hatha core	11.45-12.45 Vinyasa flow	10.00-11.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Ywonne	16.00-17.15 Vinyasa flow Matilda Mannström			15.30- 16.45 Hatha flow
17.00-18.15 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Matilda Mannström	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Restorative Ywonne	16.30-18.00 Yin yoga Ywonne		17.00-18.30 Yin yoga Ywonne
18.30-20.00 Yin yoga Eva Lindblad	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 22/7	TISDAG 23/7	ONSDAG 24/7	TORSdag 25/7	FREDAG 26/7	LÖRDAG 27/7	SÖNDAG 28/7
	09.30-11.00 Hatha & Meditation Lisa A	09.30-11.00 Vinyasa flow	09.30-11.00 Hatha flow Matilda Mannström	09.30-11.00 Hatha		
11.45-12.45 Vinyasa flow Matilda Mannström	11.45-12.45 Yin yoga Matilda Mannström		11.45-12.45 Hatha core	11.45-12.45 Vinyasa flow	10.00-11.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Ywonne	16.00-17.15 Vinyasa flow Matilda Mannström			15.30- 16.45 Hatha flow
17.00-18.15 Vinyasa flow Marianne?	17.30-19.00 Hatha flow & meditation Matilda Mannström	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Restorative Ywonne	16.30-18.00 Yin yoga Ywonne		17.00-18.30 Yin yoga Ywonne
18.30-20.00 Yin yoga Marianne?	18.30-20.00 Vinyasa flow					

MÅNDAG 29/7	TISDAG 30/7	ONSDAG 31/7	TORSdag 1/8	FREDAG 2/8	LÖRDAG 3/8	SÖNDAG 4/8
	09.30-11.00 Hatha & Meditation Lisa A	09.30-11.00 Vinyasa flow	09.30-11.00 Hatha flow Matilda Mannström	09.30-11.00 Hatha Luke Bache		10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Matilda Mannström	11.45-12.45 Yin yoga Matilda Mannström		11.45-12.45 Hatha core Cecilia	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	10.00-11.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Ywonne	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö			15.30- 16.45 Embodied flow Isabella
17.00-18.15 Vinyasa flow Marianne?	17.30-19.00 Hatha flow & Meditation Matilda Mannström	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Restorative Ywonne	16.30-18.00 Yin yoga Ywonne		17.00-18.30 Yin yoga Isabella
18.30-20.00 Yin yoga Marianne?	18.30-20.00 Vinyasa flow					

MÅNDAG 5/8	TISDAG 6/8	ONSDAG 7/8	TORSdag 8/8	FREDAG 9/8	LÖRDAG 10/8	SÖNDAG 11/8
09.30-10.45 Hatha yoga Isabella	09.30-11.00 Hatha & Meditation Luke Bache	09.30-10.45 Vinyasa flow Tess	09.30-11.00 Hatha flow	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow (Matilda Mannström)	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Hatha core Hillevi	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	
		17.00-18.30 Yin yoga Ywonne	16.00-17.15 Vinyasa flow			15.30- 16.45 Embodied flow Isabella
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation	18.00-19.30 Vinyasa flow Shay Peretz	18.45-20.15 Handstands & inversions Robert Sörensen	17.00-18.30 Vinyasa flow Robert Sörensen	15.00-16.30 Vinyasa flow Eva S	17.00-18.30 Yin yoga Isabella
18.30-19.45 Hatha core	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 12/8	TISDAG 13/8	ONSDAG 14/8	TORSdag 15/8	FREDAG 16/8	LÖRDAG 17/8	SÖNDAG 18/8
09.30-10.45 Hatha yoga Isabella	09.30-11.00 Hatha & Meditation Luke Bache	09.30-10.45 Vinyasa flow Tess	09.30-11.00 Hatha flow	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Hatha core Hillevi	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	
16.30 - 18.00 Hatha Matuesz		17.00-18.30 Yin yoga Ywonne	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö		12.45-14.15 Yin yoga	15.30- 16.45 Embodied flow Isabella
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Chungmei?	18.00-19.30 Vinyasa flow Shay Peretz	18.45-20.15 Handstands & inversions Robert Sörensen	17.00-18.30 Vinyasa flow Robert Sörensen	15.00-16.30 Vinyasa flow Eva S	17.00-18.30 Yin yoga Isabella
18.30-19.45 Hatha core	18.30-20.00 Vinyasa flow Eva Lindblad					

MÅNDAG 19/8	TISDAG 20/8	ONSDAG 21/8	TORSdag 22/8	FREDAG 23/8	LÖRDAG 24/8	SÖNDAG 25/8
09.30-10.45 Hatha yoga Isabella	09.30-11.00 Hatha & Meditation Luke Bache	09.30-10.45 Vinyasa flow Tess	09.30-11.00 Hatha flow Helena	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow
11.45-12.45 Vinyasa flow Tess	11.45-12.45 Yin yoga Luke Bache	11.45-12.45 Vinyasa flow Eva Lindblad	11.45-12.45 Hatha core Hillevi	11.45-12.45 Vinyasa flow Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Sara Utberg	
16.30 - 18.00 Hatha flow		17.00-18.30 Hatha & pranayama Chungmei	16.00-17.15 Vinyasa flow Anna Gordh Humlesjö		12.45-14.15 Yin yoga	15.30- 16.45 Embodied flow Isabella
17.30-18.45 Vinyasa flow Eva Lindblad	17.30-19.00 Hatha flow & meditation Ulrica	18.00-19.30 Vinyasa flow Shay Peretz	17.30-19.00 Hatha flow	17.00-18.30 Vinyasa flow Robert Sörensen	15.00-16.30 Vinyasa flow Eva S	17.00-18.30 Yin yoga Isabella
18.30-19.45 Hatha core	18.30-20.00 Vinyasa flow Eva Lindblad	19.00-20.30 Yin yoga Ywonne	18.45-20.15 Handstands & inversions Robert Sörensen			