



HÖSTSCHEMA 2019 SLUSSEN; HÖGBERGSGATAN 30A

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
07.00-08.15 Vinyasa flow Isabella		07.00-08.15 Vinyasa flow Madde		07.30-08.45 Vinyasa qi flow Luke		
09.30-10.45 Hatha flow Isabella	10.00-11.30 Hatha & Meditation Luke Bache	10.00-11.15 Vinyasa basic Anna Humlesjö	09.30-11.00 Anusara flow Helena	09.30-11.00 Hatha Luke Bache	09.30-10.45 Hatha flow Jenny Boström	10.30-12.00 Vinyasa flow Madde
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 basic Anna Gordh Humlesjö	11.00-12.30 Vinyasa flow Marika	12.15-13.45 Flow & restore
				15.00-16.30 Vinyasa flow Eva Smocynska	12.45-14.15 Yin yoga Johanna W	
16.30 - 18.00 Hatha Mateusz	16.00-17.15 Hatha flow Matilda Mannström	16.30 - 17.15 Nidra Fredrik Binette	17.00-18.15 Yin yoga Matilda Mannström	16.45-18.00 Kundalini Mateusz	15.00-16.30 Vinyasa strong Eva Smocynska	15.00- 16.30 Embodied flow Isabella
17.30-18.45 Vinyasa strong Eva Lindblad	17.00-18.15 Yin yoga Eva Lindblad	17.00-18.30 Hatha & pranayama Chungmei	17.30-19.00 Vinyasa flow Anna Gordh Humlesjö	17.00-18.30 Vinyasa strong Robert Sörensen		16.45-18.15 Yin yoga Isabella
18.15-19.30 Hatha core Marika	17.30-19.00 Hatha flow & meditation Ulrica Norberg	18.00-19.30 Vinyasa strong Shay Peretz	18.30-19.45 Hatha Basic Anna Å			
19.00-20.15 Vinyasa flow Tess	18.30-20.00 Vinyasa flow Eva Lindblad	18.45-20.15 Yin yoga Ywonne Källström	18.45-20.15 Handstands & inversions Robert Sörensen			
	19.15-20.45 Embodied flow Anja Bergh		19.30-20.30 Somatic flow Anja Bergh			

HÖSTSCHEMA 2019 MARIATORGET; TIMMERMANSGATAN 10

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
				10.00-11.30 Hatha flow Marika	10.00-11.30 Vinyasa flow Isabella	11.00-12.30 Vinyasa flow Lisa A
12.00-13.00 Anusara Rikard	12.00-13.00 Vinyasa flow Anna Humlesjö	12.00-13.00 Yin yoga Cecilia	12.00-13.00 Hatha flow Cecilia	12.00-13.00 Vinyasa flow Marianne	11.45-13.15 Restorative Isabella	
		15.00-16.30 Vinyasa strong Shay Peretz				15.00-16.15 Restorative
17.00-18.15 Vinyasa flow Anna Humlesjö	17.30-18.30 Vinyasa strong Marianne	17.30-18.45 Hatha flow Monika	17.00-18.15 Pilates Jenny B	17.00-18.30 Yin yoga Susanne		16.30-17.45 Hatha flow Rikard
17.45-19.15 Vinyasa qi flow Luke	18.00-19.30 Kundalini Mateusz	18.30-20.00 Vinyasa flow Lisa A	18.00-19.30 Hatha flow Sara U			
18.30-20.00 Yin yoga Anna Gordh Humlesjö	18.45-19.45 Yin yoga Marianne	19.00-20.30 Hatha basic Susanne	18.30-20.00 Restorative Isabella			