



Vårschema 2023, start 9 januari

STUDIO + ONLINE	Du kan yoga på plats i studion eller online. Boka som vanligt i appen (klassen står angiven dubbelt, den ena som ONLINE). Vi mejlar en länk till online-klassen ca 15 min innan start (Zoom)	You can join in the studio or online. Book the class in our app, we will send you a link to the Online-class (Zoom meeting) 15 minutes before start.
STUDIO	Dessa klasser är på plats i studion, (streamas inte). Boka i appen som vanligt eller drop-in.	This class is in one of our studios (not streamed) Book the class in our app, come join us!
ONLINE	Dessa klasser streamas online (ingen klass i studion). Boka i appen, vi mejlar en länk till online-klassen ca 15 min innan start (Zoom)	This class is only streamed online (no class in the studio). Book the class in our app, we will send you a link to the class (Zoom meeting) 20 minutes before start.

Använd gärna vår bokningsapp.

Med den kan du enkelt boka klasser och se aktuellt schema.

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
		07.00-08.00 (ENG) Vinyasa flow Maja Torbjörnsdotter STUDIO + ONLINE		07.30-08.30 (ENG) Vinyasa flow Luke Bache STUDIO + ONLINE		10.30-11.30 (ENG) Vinyasa flow Eva Lindblad ONLINE
10.00-11.15 (ENG) Vinyasa flow Shay Peretz STUDIO	10.00-11.30 (ENG) Hatha & Meditation Luke Bache STUDIO		10.00-11.15 Hatha flow Helena Wintre STUDIO + ONLINE		10.00-11.15 Vinyasa flow Isabella STUDIO + ONLINE	11.00-12.15 Vinyasa flow Madeleine Ugglå STUDIO + ONLINE
11.45-12.45 Vinyasa strong Tess Jarmland STUDIO + ONLINE	11.45-12.45 (ENG) Pranayama & Yin yoga Luke Bache STUDIO	11.45-12.45 Vinyasa flow Marianne Sundell STUDIO + ONLINE	11.45-12.45 Hatha core Cecilia Olin STUDIO + ONLINE	11.45-12.45 Vinyasa flow Marianne Sundell STUDIO + ONLINE	11.30-13.00 Restorative yoga Isabella STUDIO + ONLINE	12.30-13.45 (ENG) Slow flow & Breathwork Luisa Doerstel STUDIO
	12.00-13.00 (ENG) Vinyasa flow Shay Peretz STUDIO			15.00-16.15 (ENG) Hatha flow Emelie Eldridge STUDIO + ONLINE	15.30-17.00 Hatha Emelie Eldridge STUDIO	15.00-16.30 Hatha flow Sara Utberg STUDIO + ONLINE
16.15-17.15 Hatha flow Helena Wintre STUDIO + ONLINE	16.15-17.15 Vinyasa strong flow Tess Jarmland STUDIO	15.00-16.30 (ENG) Vinyasa flow Shay Peretz STUDIO	16.00-17.15 Vinyasa strong flow Eva Smoczynska STUDIO	16.30-17.45 Yin yoga Susanne Viinanen STUDIO + ONLINE		16.45-18.00 Yin yoga Rikard Skogberg STUDIO + ONLINE
16.30-17.45 Inside flow Eva Smoczynska STUDIO	17.30-19.00 Hatha flow & meditation Ulrica Norberg STUDIO + ONLINE	17.30-18.30 Soma Move Marie Romani STUDIO	17.30-18.45 Yin yoga Ywonne Källström STUDIO + ONLINE	17.00-18.15 (ENG) Vinyasa strong flow Alice Roos STUDIO		
17.30-18.45 Vinyasa strong flow Naofal Ouazzani STUDIO	18.00-19.00 Yoga terapeutisk Hillevi Borga STUDIO + ONLINE	18.00-19.30 (ENG) Katonah Yoga Dages Juvelier Keates STUDIO	17.45-19.00 Vinyasa flow Ted Sikström STUDIO			
18.00-19.30 Earth flow Matilda Meenakshi STUDIO	19.15-20.30 (ENG) Hatha flow Clive Guiver STUDIO + ONLINE	19.00-20.15 Yin yoga Isabella dos santos STUDIO + ONLINE	19.15-20.30 (ENG) Hatha flow Clive Guiver STUDIO + ONLINE			
19.00-20.30 Embodied Yin Inna Smirnoff Mannert STUDIO + ONLINE		19.00-20.15 Breath work Emil Nylander STUDIO				

Med reservation för ändringar. Ladda gärna ner vår bokningsapp, se hemsidan under "Classes"