

SOMMARSHEMA 21–27/6

MÅNDAG 21/6	TISDAG 22/6	ONSDAG 23/6	TORSDAG 24/6	FREDAG 25/6	LÖRDAG 26/6	SÖNDAG 27/6
06:30–08:00 Hathayoga [PEN]	06:30–08:00 MediYoga & Pranayama [VBN] 07:00–08:15 Vinyasa Flow [SWD]	06:30–08:00 Hathayoga [PEN] 08:15–09:30 Flow & Restore [SWD]		MIDSOMMARSTÄNGT	MIDSOMMARSTÄNGT	MIDSOMMARSTÄNGT
09:30–11:00 Vinyasa Flow [SWD] 10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL] 10:00–11:30 Vinyasa Flow [SWD]			
			11:45–12:45 Yinyoga [MC]			
17:15–18:30 Hatha Flow [SJ]	17:15–18:30 Vinyasa Flow [SWD] 17:30–19:00 MediYoga Hormonbalans [VBN]	17:15–18:30 Hatha Flow & Restore [SWD]				
18:45–20:15 Vinyasa Flow [CG]	18:45–20:00 Ashtangayoga [GF]	19:00–20:15 Mindful Flow [CG]				

SOMMARSHEMA 28/6–11/7

MÅNDAG 28/6	TISDAG 29/6	ONSDAG 30/6	TORSDAG 1/7	FREDAG 2/7	LÖRDAG 3/7	SÖNDAG 4/7
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA - Vinyasa Flow [TB]	09:00–10:30 Hathayoga Inversions [Amanda]	
09:30–11:00 Vinyasa Flow [MC]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]		
10:00–11:15 MediYoga [GL]				11:45–12:45 Hatha Flow [MC]		
17:15–18:30 Hatha Flow [MC]	17:15–18:30 Vinyasa Flow [MC]	17:30–18:45 Flow & Restore [MC]	17:30–18:45 MediYoga [GL]	16:00–17:15 Yinyoga [Amanda]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Feminine Flow [CB]
18:45–20:00 Vinyasa Flow [CG]	19:00–20:15 Mindful Flow [CG]	19:00–20:15 Mindful Flow [CG]	17:30–18:45 Hatha Flow [TB]			17:30–18:45 Yinyoga [CB]

MÅNDAG 5/7	TISDAG 6/7	ONSDAG 7/7	TORSDAG 8/7	FREDAG 9/7	LÖRDAG 10/7	SÖNDAG 11/7
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA - Vinyasa Flow [TB]	09:00–10:30 Hathayoga Inversions [Amanda]	09:30–10:30 PARKYOGA [Rosita]
10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]		
				11:45–12:45 Hatha Flow [Amanda]		
17:30–18:45 Hatha Flow [CG]	17:30–18:45 Vinyasa Flow [TB]	17:15–18:45 Flow & Restore [MC]	17:30–18:45 Hatha Flow [TB]	16:00–17:15 Yinyoga [Amanda]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Feminine Flow [CB]
19:00–20:15 Vinyasa Flow [CG]		19:00–20:15 Mindful Flow [CG]	17:30–18:45 MediYoga [GL]			17:30–18:45 Yinyoga [CB]

SOMMARSHEMA 12/7–25/7

MÅNDAG 12/7	TISDAG 13/7	ONSDAG 14/7	TORSDAG 15/7	FREDAG 16/7	LÖRDAG 17/7	SÖNDAG 18/7
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA - Vinyasa Flow [TB]		
10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]		
				11:45–12:45 Hatha Flow [Amanda]		
17:30–18:45 Hatha Flow [CG] 19:00–20:15 Vinyasa Flow [CG]	17:30–18:45 Vinyasa Flow [TB]	17:30–18:45 Hatha Flow & Restore [Amanda] 19:00–20:15 Mindful Flow [CG]	17:30–18:45 Hatha Flow [TB] 17:30–18:45 MediYoga [GL]	16:00–17:15 Yinyoga [Amanda]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Vinyasa Flow [Amanda] 17:30–18:45 Yinyoga/Restorative [TB]

MÅNDAG 19/7	TISDAG 20/7	ONSDAG 21/7	TORSDAG 22/7	FREDAG 23/7	LÖRDAG 24/7	SÖNDAG 25/7
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA [TB]		
10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]		
				11:45–12:45 Hatha Flow [CG]		
17:30–18:45 Hatha Flow [CG] 19:00–20:15 Vinyasa Flow [CG]	17:30–18:45 Vinyasa Flow [TB]	17:30–18:45 Flow & Restore [MC] 19:00–20:15 Mindful Flow [CG]	17:30–18:45 Hatha Flow [TB] 17:30–18:45 MediYoga [GL]	16:00–17:15 Yinyoga [Amanda]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Vinyasa Flow [Amanda] 17:30–18:45 Yinyoga/Restorative [CB]

SOMMARSHEMA 26/7–8/8

MÅNDAG 26/7	TISDAG 27/7	ONSDAG 28/7	TORSDAG 29/7	FREDAG 30/7	LÖRDAG 31/7	SÖNDAG 1/8
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA - Vinyasa Flow [TB]		
				11:45–12:45 Hatha Flow [MC]		
17:30–18:45 Hatha Flow [CG] 19:00–20:15 Vinyasa Flow [CG]	17:30–18:45 Vinyasa Flow [TB]	17:30–18:45 Hatha Flow & Restore [MC] 19:00–20:15 Mindful Flow [CG]	17:30–18:45 Hatha Flow [MC]	16:00–17:15 Yinyoga [MC]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Vinyasa Flow [MC] 17:30–18:45 Yinyoga/Restorative [Caroline]

MÅNDAG 2/8	TISDAG 3/8	ONSDAG 4/8	TORSDAG 5/8	FREDAG 6/8	LÖRDAG 7/8	SÖNDAG 8/8
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA [TB]	09:00–10:30 Hathayoga Inversions [Amanda]	09:30–10:30 PARKYOGA [SWD]
				11:45–12:45 Hatha Flow [MC]		
17:30–18:45 Hatha Flow [MC] 19:00–20:15 Vinyasa Flow [CG]	17:30–18:45 Vinyasa Flow [TB]	17:30–18:45 Flow & Restore [MC] 19:00–20:15 Mindful Flow [CG]	17:30–18:45 Hatha Flow [MC]	16:00–17:15 Yinyoga [Caroline]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Vinyasa Flow [Amanda] 17:30–18:45 Yinyoga/Restorative [Caroline]

SOMMARSHEMA 9/8–22/8

MÅNDAG 9/8	TISDAG 10/8	ONSDAG 11/8	TORSDAG 12/8	FREDAG 13/8	LÖRDAG 14/8	SÖNDAG 15/8
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA [TB]	09:00–10:30 Hathayoga Inversions [Amanda]	09:30–10:30 PARKYOGA [SWD]
				11:45–12:45 Hatha Flow [MC]		
17:30–18:45 Hatha Flow [MC]	17:30–18:45 Vinyasa Flow [Amanda]	17:30–18:45 Flow & Restore [MC]	17:30–18:45 Hatha Flow [MC]	16:00–17:15 Yinyoga [Caroline]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Vinyasa Flow [Amanda]
19:00–20:15 Vinyasa Flow [CG]		19:00–20:15 Mindful Flow [CG]				17:30–18:45 Yinyoga/Restorative [TB]

MÅNDAG 16/8	TISDAG 17/8	ONSDAG 18/8	TORSDAG 19/8	FREDAG 20/8	LÖRDAG 21/8	SÖNDAG 22/8
06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]	06:30–08:00 Hathayoga [PEN]		08:00–09:15 PARKYOGA [TB]	10:00–11:30 Hathayoga Inversions [PEN]	09:30–10:30 PARKYOGA [Jeanette]
09:30–11:00 Vinyasa Flow [SWD]	10:00–11:15 MediYoga [GL]	10:00–11:15 MediYoga [GL]	10:00–11:30 Vinyasa Flow [SWD]	10:00–11:15 MediYoga [GL]		
10:00–11:15 MediYoga [GL]			10:00–11:15 MediYoga [GL]			
				11:45–12:45 Hatha Flow [SWD]		
17:30–18:45 Hatha Flow [SJ]	17:30–18:45 Vinyasa Flow [SWD]	17:30–19:00 Flow & Restore [SWD]	17:30–18:45 Hatha Flow [MC]	16:00–17:15 Yinyoga [Caroline]	16:00–17:30 Hatha Flow [CG]	16:00–17:15 Feminine Flow [CB]
19:00–20:15 Vinyasa Flow [CG]		19:00–20:15 Mindful Flow [CG]	17:30–18:45 MediYoga [GL]			17:30–18:45 Yinyoga [CB]