

| MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|---|---|--|--|--|--|---|
| 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 Vinyasa Flow [TB] | 06:30-08:00 Hathayoga & Pranayama [VBN] | 06:30-08:00 Ashtanga Mysore [GF] 07:00-08:15 Vinyasa Flow [SWD] | | |
| 09:30-11:00 Vinyasa Flow [SWD] 10:00-11:30 MediYoga [VBN] | 10:00-11:15 MediYoga [GL] | 11:45-12:45 Hatha Flow [CG] | 09:30-11:00 Vinyasa Flow [SWD] 10:00-11:15 MediYoga [GL] | 10:00-11:15 MediYoga [GL] 11:45-12:45 Pranayama [VBN] | 10:00-11:30 Hathayoga Inversions & Backbending [PEN] | 10:00-11:30 Ashtangayoga ledd klass [GF] |
| 11:45-12:45 Hatha Flow [CG] | 11:45-12:45 Hatha Flow [KF] | 14:00-15:30 MediYoga Fri från Stress [GL] | 11:45-12:45 Yinyoga [SWD] | 11:45-12:45 Hatha Flow [SWD] 11:45-12:45 Pranayama [VBN] | | |
| 15:45-17:00 Restorative Yoga [SJ] 17:15-18:45 Gravidyoga [CL] Kursen pågår 23/8-18/10 & 25/10-20/12 17:15-18:30 Hathayoga 2 [SJ] | 17:15-18:30 Ashtangayoga 1 [GF] 17:15-18:30 Vinyasa Flow [SWD] | 17:15-18:30 Hatha Foundation [nybörjare] [GL] 17:15-18:30 Flow & Restore [SWD] 17:15-18:30 MediYoga [GL] | 15:45-17:00 Vinyasa Flow [TLB] 17:15-18:30 Hatha Flow [LGI] | 16:00-17:30 Yinyoga [SWD] | 16:00-17:30 Hatha Flow [CG] | 16:00-17:15 Feminine Flow [CB] 16:00-17:15 MediYoga [GL] 17:30-18:45 Yinyoga [CB] |
| 18:45-20:00 Vinyasa Flow [KF] | 18:45-20:15 MediYoga Hormonbalans [VBN] Kursen pågår 24/8-19/10 & 26/10-21/12 18:45-20:15 Ashtanga Mysore [GF] | 18:45-20:00 Somatic Yoga & Meditation [VL] 19:00-20:15 Hatha Flow [CG] | 18:45-20:15 Gravidyoga [CL] Kursen pågår 26/8-21/10 & 28/10-16/12 | | | |

[PEN] Penny [SWD] Sandra Wikman Donovan [VBN] Viveka Blom Nygren [CG] Clive Guiver [SJ] Sarah Johnsson [GF] Gigi Fridfinnsdottir [CL] Caroline Lundgren [KF] Kevin Frowein [UW] Ulf Wallgren [GL] Göran Larsson [KSA] Karina Stääv Ardelius [VL] Victoria Lilly [MA] Marie Androv [TLB] Therese Lind Bjellder [CB] Cinna Brahme [PA] Peter Amling [CBO] Cecilia Boman [LGI] Lilla Gyüsü