

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
06:45-08:15 <b>Hathayoga*</b> [PEN]	06:30-08:00 <b>MediYoga &amp; Pranayama</b> [VBN]  07:00-08:15 <b>Vinyasa Flow</b> [SWD]	06:45-08:15 <b>Hathayoga*</b> [PEN]	06:30-08:00 <b>Hathayoga &amp; Pranayama</b> [VBN]	07:15-08:30 <b>Vinyasa Flow</b> [TLB]		
09:30-11:00 <b>Vinyasa Flow</b> [AWD]  10:00-11:30 <b>MediYoga</b> [VBN]		11:45-12:45 <b>Hatha Flow</b> [CG]	09:30-11:00 <b>Vinyasa Flow</b> [AWD]  10:00-11:30 <b>MediYoga</b> [VBN]		09:30-11:00 <b>Hathayoga Inversions &amp; Backbending*</b> [PEN]	10:00-11:30 <b>Ashtangayoga ledd klass - alla nivåer</b> [GF]
11:45-12:45 <b>Hatha Flow</b> [AWD]	11:45-12:45 <b>Hatha Flow</b> [CS]	14:00-15:15 <b>MediYoga Fri från Stress</b> [GL]	11:45-12:45 <b>Flow &amp; Restore</b> [AWD]	11:45-12:45 <b>Hatha Flow</b> [AWD]		
16:00-17:15 <b>Restorative Yoga*</b> [SJ]  17:15-18:45 <b>Gravidyoga</b> [KSA]  17:30-18:45 <b>Hathayoga 2*</b> [SJ]	17:15-18:30 <b>Ashtangayoga nybörjare</b> [GF]  17:15-18:30 <b>Vinyasa Flow</b> [AWD]	17:30-18:45 <b>Strong Flow</b> [EG]  17:15-18:30 <b>Somatic Yoga &amp; Meditation*</b> [VL]	16:00-17:15 <b>Yogaterapi Selfcare</b> [MLF]  17:15-18:30 <b>Hatha Flow</b> [TLB]	16:00-17:15 <b>Yinyoga</b> [AWD]	16:00-17:30 <b>Hatha Flow</b> [CG]	16:00-17:15 <b>Feminine Flow</b> [CB]  16:15-17:30 <b>MediYoga</b> [GL]  17:45-19:15 <b>Yinyoga</b> [CB]
19:00-20:15 <b>Vinyasa Flow</b> [CG]	18:45-20:15 <b>MediYoga Hormonbalans</b> [VBN]  18:45-20:15 <b>Ashtanga fortsättning Mysore*</b> [GF]	18:45-20:00 <b>Hatha Flow nybörjare</b> [GL]  19:00-20:15 <b>Hatha Flow</b> [CG]				

\*ej online

[PEN] Penny [AWD] Alexandra Wikman Donovan [VBN] Viveka Blom Nygren [CG] Clive Guiver [SJ] Sarah Johnsson [GF] Gigi Fridfinnsdottir [KSL] Karina Stäev Ardelius [GL] Göran Larsson [CS] Charlotte Sjöström [VL] Victoria Lilly [TLB] Therese Lind Bjellder [CB] Cinna Brahma [GLI] Göran Liljeberg [EG] Ebba Gyalog