


# ALL CLASSES IN ENGLISH

M	T	W	T	F	S	S
07.00-08.00 <b>AWAKE IN THE SUNLAMPS</b> Karolina		07.00-08.00 <b>AWAKE</b> Mattias	07.00-08.00 <b>AWAKE IN THE SUNLAMPS</b> Ella	07.00-08.00 <b>TRADITIONAL HATHA YOGA</b> Sudheesh		
				08.00-09.00 <b>MEMBERS BREKFAST</b> <i>Once a month</i>		
			10.00-11.00 <b>VINYASA YOGA</b> Shay	10.00-11.00 <b>SOFT FLOW &amp; MEDITATION</b> Shay	10.15-11.30 <b>SELF CARE YOGA</b> Rut-Malin/Moira	10.15-11.30 <b>VINYASA YOGA</b> Lily
12.00-13.00 <b>HATHA FLOW</b> Sandra	12.00-12.45 <b>SWEATY YOGALATES</b> Filippa	12.00-12.45 <b>VINYASA YOGA</b> Josephin	12.00-12.45 <b>SLOW FLOW YOGA</b> Ai	12.00-12.45 <b>VINYASA YOGA</b> Julia	12.00-13.30 <b>STRONG FLOW YOGA</b> Karolina	12.00-13.30 <b>ASTROLOGY RESTORATIVE YOGA</b> Ann-Cathrin
	12.45-13.00 <b>MEDITATION</b>	12.45-13.00 <b>MEDITATION</b>	12.45-13.00 <b>MEDITATION</b>	12.45-13.00 <b>MEDITATION</b>	12.15-13.15 <b>SLOW FLOW &amp; YOGA NIDRA</b> Rakshita <small>SMALL SHALA</small>	
		14.00-14.30 <b>RED LIGHT THERAPY</b>			<b>WORKSHOP/ EVENTS</b> <i>Check website for happenings</i>	14.30-15.30 <b>YOGA THERAPY BALLS</b> Ann-Cathrin
		16.00-16.30 <b>RED LIGHT THERAPY</b>				<small>SMALL SHALA</small>
17.00-18.00 <b>FLOW &amp; LET GO</b> Minna	17.00-18.00 <b>SOMATIC BREATH WORK</b> Filippa	17.00-18.00 <b>HATHA FLOW</b> Emma Clara <small>SMALL SHALA</small>	16.30-17.30 <b>YOGA THERAPY</b> Trishula	16.30-17.30 <b>RELEASE &amp; RESTORE</b> Isabell		16.30-17.30 <b>VINYASA IN THE SUNLAMPS</b> Jenny
			17.45-19.15 <b>THE BLOW OUT</b> Viktor	17.30-18.30 <b>DONATION YOGA</b> Teacher graduates <small>SMALL SHALA</small>	<b>WORKSHOP/ EVENTS</b> <i>Check website for happenings</i>	18.15-19.15 <b>VINYASA YOGA</b> Madeleine
18.15-19.30 <b>SOMATIC VINYASA YOGA</b> Josephin	18.15-19.30 <b>VINYASA IN THE SUNLAMPS</b> Sudheesh	19.00-20.00 <b>YOGA NIDRA</b> Ulrika <small>SMALL SHALA</small>		19.00-20.00 <b>EVENING FLOW</b> Shay <small>SMALL SHALA</small>		
19.45-21.00 <b>YIN &amp; YOGA NIDRA</b> Anna	19.45-20.45 <b>YIN YOGA INFRARED LAMPS</b> Jenny		19.30-20.45 <b>AROMA THERAPY RESTORATIVE YOGA</b> Ann-Cathrin	19.45-21.00 <b>SOUND HEALING</b> Cinna		19.30-20.45 <b>EMBODIED YIN</b> Ai



**FROM EASTER TO MIDSUMMER**



YOGA



WORK-OUT COMBO



RELAXATION



EXPERIENCE

**ALWAYS CHECK THE WEBSITE FOR UPDATES AND CHANGES**