

ALL CLASSES IN ENGLISH

M

07.00-08.00
**AWAKE IN THE
SUNLAMPS**
Karolina

12.00-13.00
HATHA FLOW
Sandra

T

07.00-08.00
AWAKE
Mattias

12.00-12.45
SWEATY YOGALATES
Filippa

12.45-13.00
MEDITATION

18.15-19.30
THE BLOW OUT
Viktor

19.45-21.00
**AROMA
THERAPY
RESTORATIVE
YOGA**
Ann-Cathrin

W

07.00-07.45
FIERY PILATES
Ella

07.45-08.00
STRETCH

12.00-12.45
VINYASA YOGA
Josephin

12.45-13.00
MEDITATION

14.00-14.30
RED LIGHT-THERAPY

16.00-16.30
RED LIGHT-THERAPY

17.00-18.00
BREATHWORK
Viktor

17.00-18.00
SELF CARE YOGA
Lisa

18.00-19.00
**YOGA
BASICS**
Ann-Cathrin
SMALL SHALA

18.15-19.30
**VINYASA IN THE
SUNLAMPS**
Sudheesh

19.30-20.30
**YOGA
NIDRA**
Ulrika
SMALL SHALA

19.45-21.15
YIN & SOUNDHEALING
Cinna

T

08.00-09.00
**HOT VINYASA
YOGA**
Josephin

10.00-11.00
VINYASA YOGA
Shay

12.00-13.00
SLOW FLOW & YIN
Josephin

16.45-17.45
SLOW FLOW YOGA
Isabell

18.00-19.15
**BREATHWORK
& REIKI**
Malwina

19.30-20.45
YIN YOGA
Charlene

F

07.00-08.00
**TRADITIONAL
HATHA YOGA**
Sudheesh

10.00-11.00
**SOFT FLOW &
MEDITATION**
Shay

12.00-12.45
**VINYASA
YOGA**
Isabell

12.45-13.00
MEDITATION

15.00-16.00
**PAIN CARE AWARENESS
YOGA LAB**
Jenny

16.30-17.30
**VINYASA IN THE
SUNLAMPS**
Jenny

**WORKSHOP/
EVENTS**
Check website for
happenings

S

09.00-10.00
**VINYASA IN
THE SUN
LAMPS**
Julia

10.00-11.00
**MEMBERS
BREKFAST**

10.15-11.30
SELF CARE YOGA
Rut-Malin/Moira

12.00-13.30
**STRONG
FLOW YOGA**
Karolina

12.15-13.15
**SLOW FLOW
& YOGA
NIDRA**
Rakshita
SMALL SHALA

**WORKSHOP/
EVENTS**
Check website for
happenings

S

10.15-11.30
VINYASA YOGA
Lily

12.00-13.30
**ASTROLOGY
RESTORATIVE YOGA**
Ann-Cathrin

15.45-16.45
**YOGA THERAPY
BALLS**
Ann-Cathrin

18.15-19.15
VINYASA YOGA
Ella

19.30-20.45
EMBODIED YIN
Ai



YOGA



WORK-OUT COMBO



RELAXATION



EXPERIENCE

Always check the updated schedule on our website