


M	T	W	T	F	S	S
						
07.00-08.00 <b>AWAKE IN THE SUN LAMPS</b> Karolina	07.00-08.00 <b>AWAKE YOGA</b> Viktor	07.00-08.00 <b>AWAKE YOGA</b> Josephin	07.00-08.00 <b>ASHTANGA INSPIRED YOGA</b> Isabell	07.00-08.00 <b>YOGA + MEDITATION</b> Ida		
	10.00-11.00 <b>MOVE IT MAMAS &amp; PAPAS</b> Filippa				10.15-11.30 <b>SELF CARE YOGA*</b> Charlene / Moira	10.15-11.30 <b>VINYASA YOGA*</b> Lily
12.00-13.00 <b>HATHA FLOW</b> Sandra	12.00-12.45 <b>WORK IN // WORK OUT</b> Isabell	12.00-12.45 <b>VINYASA YOGA</b> Josephin	12.00-12.45 <b>YIN YOGA</b> Josephin	12.00-12.45 <b>VINYASA YOGA</b> Ida	12.00-13.30 <b>ROCKET VINYASA</b> Micke	12.00-13.30 <b>RESTORATIVE YOGA</b> Ann-Cathrin
	12.45-13.00 <b>MEDITATION</b>	12.45-13.00 <b>BREATH</b>	12.45-13.00 <b>YOGA NIDRA</b>	12.45-13.00 <b>MEDITATION</b>		
	16.30-17.30 <b>SLOW FLOW YOGA</b> Isabell	16.45-17.45 <b>YIN &amp; YOGA THERAPY</b> Ida	16.30-17.30 <b>VINYASA YOGA</b> Jenny		17.00-18.30 <b>ROCKET VINYASA*</b> Micke / Frida	
17.00-18.00 <b>BREATHWORK</b> Emil			17.45-19.15 <b>THE BLOW OUT</b> Viktor			18.15-19.15 <b>DONATION YOGA</b> Teacher Graduates
18.15-19.30 <b>VINYASA YOGA</b> Isabell	17.45-19.25 <b>YOGA 100</b> Josephin	18.00-19.15 <b>ROCKET VINYASA</b> Frida				
					EVENTS Lots of fun happenings throughout the year	
19.45-21.00 <b>RESTORATIVE YOGA</b> Ann-Cathrin	19.45-20.45 <b>YIN YOGA</b> Sandra / Charlene	19.45-21.00 <b>SOUND HEALING</b> Paulina	19.30-21.00 <b>COURSES</b> Check the website for upcoming courses			19.30-20.45 <b>EMBODIED YIN</b> Ai

\* no class week 8, 12, 15, 19, 23

 **YOGA**
 **WORK-OUT**
 **RELAXATION**
 **EXPERIENCE**
 **LIGHT THERAPY**

Classes and events will be added as we go, check the website for updated timings and happenings.