



SCHEMA

VÅREN 2026 12 JAN–31 MAJ

MÅNDAG

10.30–11.30
KURS:
SENIORYOGA
15 ggr 12/1–4/5
(ej v.9 & 15)

12.00–13.00
HATHA
Hanna

17.30–19.00
STRONG HATHA
Sudheesh (E)

KURS:
STELA SNUBBAR
Victoria
6ggr 13/4–18/5

19.30–21.00
KURS: NY FÖR YOGA
6ggr r 4/5–8/6

19.30–21.00
VINYASA
Malin

TISDAG

07.00–08.00
HATHA
Victoria

12.00–13.00
VINYASA
Victoria

17.30–19.00
HATHA
Petra

17.30–19.00
KURS: BREATH & PRANAYAMA
Guy (E)
5 ggr 5/5–2/6

19.30–21.00
YIN & MEDITATION
Hanna

ONSDAG

10.30–11.30
KURS:
SENIORYOGA
15 ggr 27/8–10/12
(ej v.44)

12.00–13.00
YIN
Hanna

16.00–17.00
ASANA LAB
Alexandra (E)
3/9,1/10,5/11 & 3/12

17.30–19.00
VINYASA
Alexandra (E)

18.00–19.00
SOFT HATHA
Eva O

19.15–20.30
YIN
Eva O

TORSDAG

09.00–10.00
SOFT HATHA
Linnéa

10.30–11.30
KURS:
MAMMA+BABY
6 ggr Start 28/8 & 6/11

12.00–13.00
HATHA & PRANAYAMA
Sara/Guy (E)

17.00–18.30
KURS:
GRAVIDYOGA
6 ggr 15/1,12/3 & 21/5

17.30–19.00
YANG/YIN
Victoria / Guy (E)

20.00–21.00
KLANG-MEDITATION
Paula (E)

FREDAG

07.00–08.00
VINYASA
(+ FRUKOST PÅ JT)
Veronica N Start 17/4

12.00–13.00
VINYASA
Victoria

LÖRDAG

08.30–09.30
SOFT HATHA
Eva O

10.00–11.30
VINYASA
Victoria

SÖNDAG

10.00–11.30
YANG/YIN
Sudheesh (E)

16.30–18.00
RESTORATIVE
Mirja