

MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

<p>1 (v.23)</p> <p>12.00–13.00 HATHA HANNA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>2</p> <p>07.00–08.00 HATHA LINNÉA</p> <p>12.00–13.00 VINYASA HANNA</p> <p>17.30–19.00 HATHA PETRA</p> <p>19.30–21.00 YIN & MEDITATION HANNA</p>	<p>3</p> <p>12.00–13.00 YIN HANNA</p> <p>16.00–17.00 ASANA LAB</p> <p>17.30–19.00 VINYASA ALEX</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>4</p> <p>09.00–10.00 HATHA LINNÉA</p> <p>12.00–13.00 HATHA & PRANAYAMA GUY</p> <p>17.30–19.00 YANG/YIN GUY</p>	<p>5</p> <p>07.00–08.00 VINYASA VERONICA</p> <p>12.00–13.00 VINYASA HANNA</p>	<p>6</p> <p>NATIONALDAGEN</p> <p>8.30–09.30 SOFT HATHA EVA</p> <p>10.00–11.30 VINYASA HANNA</p>	<p>7</p> <p>10.00–11.30 YANG/YIN SUDHEESH</p> <p>16.30–18.00 RESTORATIVE MIRJA</p>
<p>8</p> <p>12.00–13.00 HATHA HANNA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>9</p> <p>07.00–08.00 HATHA LINNÉA</p> <p>12.00–13.00 VINYASA HANNA</p> <p>17.30–19.00 HATHA PETRA</p> <p>19.30–21.00 YIN & MEDITATION HANNA</p>	<p>10</p> <p>12.00–13.00 YIN HANNA</p> <p>17.30 VINYASA ALEX</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>11</p> <p>09.00–10.00 HATHA HANNA</p> <p>12.00–13.00 HATHA & PRANAYAMA HANNA</p> <p>17.30 YANG/YIN MIRJA</p>	<p>12</p> <p>07.00–08.00 VINYASA VERONICA</p> <p>12.00–13.00 VINYASA HANNA</p>	<p>13</p> <p>8.30–09.30 SOFT HATHA EVA</p> <p>10.00–11.30 VINYASA MIRJA</p>	<p>14</p> <p>10.00–11.30 YANG/YIN SUDHEESH</p> <p>16.30–18.00 RESTORATIVE MIRJA</p>
<p>15 (v.25)</p> <p>12.00–13.00 HATHA HANNA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>16</p> <p>12.00–13.00 VINYASA HANNA</p> <p>17.30–19.00 HATHA PETRA</p> <p>19.30–21.00 YIN & MEDITATION HANNA</p>	<p>17</p> <p>12.00–13.00 YIN HANNA</p> <p>17.30 VINYASA ALEX</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>18</p> <p>12.00–13.00 HATHA & PRANAYAMA LINNÉA</p>	<p>19</p> <p>MIDSOMMARAFTON (REST & CELEBRATE NATURE!)</p>	<p>20</p> <p>MIDSOMMARDAGEN (REST & CELEBRATE NATURE!)</p>	<p>21</p> <p>10.00–11.30 YANG/YIN SUDHEESH</p> <p>16.30–18.00 RESTORATIVE MIRJA</p>
<p>22 (v.26)</p> <p>12.00–13.00 HATHA PETRA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>23</p> <p>17.30–19.00 HATHA PETRA</p> <p>19.30–21.00 YIN & MEDITATION PETRA</p>	<p>24</p> <p>12.00–13.00 YIN PETRA</p> <p>17.30 VINYASA ALEX</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>25</p> <p>12.00–13.00 HATHA & PRANAYAMA LINNÉA</p> <p>17.30 YANG/YIN MIRJA</p>	<p>26</p> <p>12.00–13.00 VINYASA MIRJA</p> <p>17.00–18.00 AFTER WORK FUNKY VINYASA HANNA</p>	<p>27</p> <p>8.30–09.30 SOFT HATHA EVA</p> <p>10.00–11.30 VINYASA HANNA</p>	<p>28</p> <p>10.00–11.30 YANG/YIN SUDHEESH</p> <p>16.30–18.00 RESTORATIVE MIRJA</p>
<p>29 (v.27)</p> <p>12.00–13.00 HATHA HANNA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>30</p> <p>17.30–19.00 HATHA HANNA</p> <p>19.30–21.00 YIN & MEDITATION HANNA</p>					

(E) = ENGLISH SPEAKING TEACHER. (Most teachers are ok teaching in English, but the ones marked with E are native english speaking.)

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<p>29 (v.27)</p> <p>12.00–13.00 HATHA HANNA</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>30</p> <p>17.30–19.00 HATHA HANNA</p> <p>19.30–21.00 YIN & MEDITATION HANNA</p>	<p>1</p> <p>12.00–13.00 YIN MED TENNISBOLLAR HANNA</p> <p>17.30–19.00 VINYASA VERONICA</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>2</p> <p>17.30–19.00 YANG/YIN MIRJA</p>	<p>3</p> <p>12.00–13.00 VINYASA VERONICA</p>	<p>4</p> <p>10.00–11.30 VINYASA MIRJA</p>	<p>5</p> <p>10.00–11.30 YANG/YIN SUDHEESH (E)</p> <p>16.30–18.00 RESTORATIVE MIRJA</p>
<p>6 (v.28)</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>7</p>	<p>8</p> <p>17.30–19.00 VINYASA SUDHEESH (E)</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>9</p> <p>17.30–19.00 YANG/YIN MIRJA</p>	<p>10</p>	<p>11</p> <p>10.00–11.30 VINYASA MIRJA</p>	<p>12</p> <p>10.00–11.30 YANG/YIN MIRJA</p>
<p>13 (v.29)</p> <p>17.30–19.00 SOFT HATHA EVA</p>	<p>14</p>	<p>15</p> <p>17.30–19.00 VINYASA MIRJA</p> <p>18.00–19.00 SOFT HATHA EVA</p> <p>19.15–20.30 YIN EVA</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>10.00–11.30 YANG/YIN MIRJA</p>
<p>20 (v.30)</p> <p>17.30–19.00 STRONG HATHA SUDHEESH (E)</p>	<p>21</p>	<p>22</p> <p>17.30–19.00 VINYASA MIRJA</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>10.00–11.30 YANG/YIN MIRJA</p>
<p>27 (v.31)</p> <p>17.30–19.00 HATHA MIRJA</p>	<p>28</p>	<p>29</p> <p>17.30–19.00 VINYASA SUDHEESH (E)</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>10.00–11.30 VINYASA MIRJA</p>	<p>2</p> <p>10.00–11.30 YANG/YIN SUDHEESH (E)</p>

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27 (v.31) 17.30–19.00 HATHA MIRJA	28 17.30–19.00 HATHA VERONICA 19.30–21.00 YIN & MEDITATION VERONICA	29 17.30–19.00 VINYASA SUDHEESH (E)	30 17.30–19.00 VINYASA SUDHEESH (E)	31 17.30–19.00 VINYASA SUDHEESH (E)	1 10.00–11.30 VINYASA MIRJA	2 10.00–11.30 YANG/YIN SUDHEESH
3 (v.32) 17.30–19.00 STRONG HATHA SUDHEESH (E)	4 17.30–19.00 HATHA VERONICA 19.30–21.00 YIN & MEDITATION VERONICA	5 17.30–19.00 VINYASA SUDHEESH (E)	6 17.30–19.00 VINYASA SUDHEESH (E)	7 17.30–19.00 VINYASA SUDHEESH (E)	8 10.00–11.30 VINYASA MIRJA	9 10.00–11.30 YANG/YIN SUDHEESH 16.30–18.00 RESTORATIVE MIRJA
10 (v.33) 17.30–19.00 STRONG HATHA SUDHEESH (E)	11 17.30–19.00 HATHA PETRA 19.30–21.00 YIN & MEDITATION PETRA	12 17.30–19.00 VINYASA ALEXANDRA	13 17.30–19.00 YANG/YIN MIRJA	14 17.30–19.00 YANG/YIN MIRJA	15 10.00–11.30 VINYASA HANNA	16 10.00–11.30 YANG/YIN SUDHEESH 16.30–18.00 RESTORATIVE MIRJA
17 (v.34) 12.00–13.00 HATHA HANNA 17.30–19.00 STRONG HATHA SUDHEESH (E) 19.30–21.00 VINYASA MALIN	18 12.00–13.00 VINYASA VICTORIA 17.30–19.00 HATHA PETRA 19.30–21.00 YIN & MEDITATION HANNA	19 12.00–13.00 YIN HANNA 17.30–19.00 VINYASA ALEX	20 YOGARETREAT WITH HANNA AT SHAMBALA 12.00–13.00 HATHA VICTORIA 17.30–19.00 YANG/YIN VICTORIA 20.00–21.00 SEATED SOUND MEDITATION PAULA	21 YOGARETREAT WITH HANNA AT SHAMBALA 12.00–13.00 VINYASA VICTORIA	22 YOGARETREAT WITH HANNA AT SHAMBALA 08.30–09.30 HATHA EVA O 10.00–11.30 VINYASA VICTORIA	23 YOGARETREAT WITH HANNA AT SHAMBALA 10.00–11.30 YANG/YIN SUDHEESH 16.30–18.00 RESTORATIVE MIRJA
24 (v.35) 12.00–13.00 HATHA HANNA 17.30–19.00 STRONG HATHA SUDHEESH (E) 19.30–21.00 VINYASA MALIN	25 07.00–08.00 HATHA VICTORIA 12.00–13.00 VINYASA VICTORIA 17.30–19.00 HATHA PETRA 19.30–21.00 YIN & MEDITATION HANNA	26 12.00–13.00 YIN HANNA 17.30–19.00 VINYASA ALEX 18.00–19.00 SOFT HATHA EVA 19.15–20.30 YIN EVA	27 09.00–10.00 HATHA LINNÉA 12.00–13.00 HATHA VICTORIA 17.30–19.00 YANG/YIN VICTORIA 20.00–21.00 SEATED SOUND MEDITATION PAULA	28 07.00–08.00 VINYASA VERONICA 12.00–13.00 VINYASA VICTORIA	29 08.30–09.30 SOFT HATHA EVA O 10.00–11.30 VINYASA VICTORIA	30 10.00–11.30 YANG/YIN SUDHEESH 16.30–18.00 RESTORATIVE MIRJA

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