



SCHEMA

HÖSTEN 2026 1 SEPT-20 DEC

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	07.00–08.00 HATHA <i>Victoria</i>		09.00–10.00 SOFT HATHA <i>Linnéa</i>	07.00–08.00 VINYASA (+ FRUKOST PÅ JT) <i>Veronica N</i>	08.30–09.30 SOFT HATHA <i>Eva O</i>	
10.30–11.30 KURS: SENIORYOGA <i>15 ggr 31/8–14/12</i> <i>(ej v.44)</i>		10.30–11.30 KURS: SENIORYOGA <i>15 ggr 2/9–16/12</i> <i>(ej v.44)</i>	10.30–11.30 KURS: MAMMA +BABY <i>6 ggr Start 17/9 & 5/11</i>		10.00–11.30 VINYASA <i>Victoria</i>	10.00–11.30 YANG/YIN <i>Sudheesh (E)</i>
12.00–13.00 HATHA <i>Hanna</i>	12.00–13.00 VINYASA <i>Victoria</i>	12.00–13.00 YIN <i>Hanna</i>	12.00–13.00 HATHA <i>Victoria</i>	12.00–13.00 VINYASA <i>Victoria</i>		
		16.00–17.00 ASANA LAB <i>Alexandra (E)</i> <i>2/9, 7/10, 4/11 & 2/12</i>	17.00–18.30 KURS: GRAVIDYOGA <i>6 ggr Start 17/9 & 5/11</i>			
17.30–19.00 STRONG HATHA <i>Sudheesh (E)</i>	17.30–18.45 VINYASA <i>Hanna</i>	17.30–19.00 VINYASA + ARMBALANCES <i>Alexandra (E)</i>	17.30–19.00 YANG / YIN <i>Guy (E) / Victoria</i>			16.30–18.00 RESTORATIVE <i>Mirja</i>
18.00–19.30 LYMF-HATHA <i>Petra</i>	19.00–20.30 YIN & MEDITATION <i>Hanna</i>		19.15–20.30 VINYASA <i>Shay</i>			
		18.00–19.00 SOFT HATHA <i>Eva O</i>	19.30–21.00 KURS: STELA SNUBBAR <i>Victoria</i> <i>6ggr 10/9–15/10</i>			19.30–20.30 KLANG-MEDITATION <i>Paula (E)</i>
		19.15–20.30 YIN <i>Eva O</i>				