



# SCHEMA

## VÅREN 2026 12 JAN–31 MAJ

| MÅNDAG                                                                                                        | TISDAG                                                            | ONSDAG                                                                                                        | TORSDAG                                                                                                      | FREDAG                                                  | LÖRDAG                                                  | SÖNDAG                                                       |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|
|                                                                                                               | <b>07.00–08.00</b><br><b>HATHA</b><br><i>Victoria</i>             |                                                                                                               | <b>09.00–10.00</b><br><b>HATHA</b><br><i>Linnéa</i>                                                          |                                                         | <b>08.30–09.30</b><br><b>SOFT HATHA</b><br><i>Eva O</i> |                                                              |
| <b>10.30–11.30</b><br><b>KURS:</b><br><b>SENIORYOGA</b><br><i>15 ggr 12/1–4/5</i><br><i>(ej v.9 &amp; 15)</i> |                                                                   | <b>10.30–11.30</b><br><b>KURS:</b><br><b>SENIORYOGA</b><br><i>15 ggr 14/1–6/5</i><br><i>(ej v.9 &amp; 15)</i> | <b>10.30–11.30 KURS:</b><br><b>MAMMA+BABY</b><br><i>6 ggr start</i><br><i>15/1, 12/3 &amp; 21/5</i>          |                                                         | <b>10.00–11.30</b><br><b>VINYASA</b><br><i>Victoria</i> | <b>10.00–11.30</b><br><b>YANG/YIN</b><br><i>Sudheesh (E)</i> |
| <b>12.00–13.00</b><br><b>HATHA</b><br><i>Hanna</i>                                                            | <b>12.00–13.00</b><br><b>VINYASA</b><br><i>Victoria</i>           | <b>12.00–13.00 YIN</b><br><i>Hanna</i>                                                                        | <b>12.00–13.00</b><br><b>HATHA</b><br><b>&amp; PRANAYAMA</b><br><i>Sara/Guy (E)</i>                          | <b>12.00–13.00</b><br><b>VINYASA</b><br><i>Victoria</i> |                                                         |                                                              |
|                                                                                                               |                                                                   | <b>16.00–17.00</b><br><b>ASANA LAB</b><br><i>4/2, 4/3, 1/4 &amp; 6/5</i><br><i>Alexandra (E)</i>              | <b>17.00–18.30 KURS:</b><br><b>GRAVIDYOGA</b><br><i>6 ggr start</i><br><i>15/1, 12/3 &amp; 21/5</i>          |                                                         |                                                         | <b>16.30–18.00</b><br><b>RESTORATIVE</b><br><i>Mirja</i>     |
| <b>17.30–19.00</b><br><b>STRONG HATHA</b><br><i>Sudheesh (E)</i>                                              | <b>17.30–19.00</b><br><b>HATHA</b><br><i>Petra</i>                | <b>17.30–19.00</b><br><b>VINYASA</b><br><i>Alexandra (E)</i>                                                  | <b>17.30–19.00</b><br><b>YANG/YIN</b><br><i>Guy (E) / Victoria</i>                                           |                                                         |                                                         |                                                              |
|                                                                                                               |                                                                   |                                                                                                               | <b>19.30–21.00</b><br><b>KURS: STELA</b><br><b>SNUBBAR</b><br><i>6ggr 12/2–26/3</i><br><i>(uppehåll v.9)</i> |                                                         |                                                         |                                                              |
| <b>19.30–21.00</b><br><b>VINYASA</b><br><i>Malin</i>                                                          | <b>19.30–21.00</b><br><b>YIN &amp; MEDITATION</b><br><i>Hanna</i> | <b>18.00–19.00</b><br><b>SOFT HATHA</b><br><i>Eva O</i>                                                       | <b>20.00–21.00</b><br><b>KLANG-</b><br><b>MEDITATION</b><br><i>Paula (E)</i>                                 |                                                         |                                                         |                                                              |
|                                                                                                               |                                                                   | <b>19.15–20.30</b><br><b>YIN</b><br><i>Eva O</i>                                                              |                                                                                                              |                                                         |                                                         |                                                              |



STORA STUDION, MITTFÄLTSGATAN 15. KLASSER HÄR SÄNDS ONLINE.



LILLA STUDION, FÖRRÅD SGATAN 3. ÖPPNAR I OKTOBER!

MED ETT MEDLEMSKAP HAR DU TILLGÅNG TILL ALLA ÖPPNA KLASSER PÅ SCHEMAT.  
**KURS** BOKAS SEPARAT. TEACHERS WITH AN (E) ALWAYS TEACHES IN ENGLISH.  
BUT MOST TEACHERS DON'T MIND SWITCHING INTO ENGLISH.