



# 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)

**17.30–19.00**  
**KURS:**  
**STELA SNUBBAR**  
Victoria  
6ggr 13/4–18/5

**19.30–21.00**  
**KURS: NY FÖR YOGA**  
6ggr 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

**17.30–19.30**  
**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 14/1–6/5  
(ej v.9 & 15)

**12.00–13.00**  
**YIN**  
Hanna

**16.00–17.00**  
**ASANA LAB**  
Alexandra (E)  
4/2, 4/3, 1/4 & 6/5

**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 15/1, 12/3 & 21/5

**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

**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