

MÅNDAG

06:30-09:30

Mysore (Ashtanga)
Programansvariga
Larua Glaser &
David Fredriksson
Sal 1

10:00-11:30

Hatha 2
Jonas Rådahl
Sal 1-2

12:00-13:00

Vinyasa 1-2
Kripa Patra
Sal 1

12:00-13:00

Yin
Jonas Rådahl
Sal 2

13:15-14:15

Hatha/Guidad
Meditation
Kripa Patra
Sal 1

17:15-18:45

Yin
Linn-Isabell
Westerlund/
Tove Åsell
Sal 1

17:15-18:45

Hatha
ChungMei Lee
Sal 2

18:00-20:00

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 3

19:00-20:30

Vinyasa 2
Shay Peretz
Sal 1-2

TISDAG

06:30-09:55

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

07:00-08:15

Yogayamaklass 1-2
Nenne Folkesson
Sal 2

10:30-11:45

Hatha 2
Sandra Janson/
Sara Granström/
Guy Powiecki/
Sal 1-2

12:00-13:00

Vinyasa 1-2
Shay Peretz
Sal 1-2

17:30-19:00

Hatha 2
Ratheesh Mani
Sal 1

17:30-19:00

Vinyasa 2-3
Guy Powiecki/
Anakin Wagner
Sal 2

19:15-20:30

Yin
Jonas Rådahl
Sal 1

19:15-20:30

Vinyasa 1
Ted Sikström
Sal 2

ONSDAG

06:30-09:55

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

07:00-08:15

Hatha 2
Kripa Patra
Sal 2

10:30-11:45

Hatha 1-3
Sarah Jonsson
Sal 1-2

12:00-13:00

Vinyasa 2
Kripa Patra
Sal 1

12:00-13:00

Yin
Sarah Jonsson
Sal 2

16:30-18:00

Gravidyoga
Kripa Patra
Sal 2

17:30-18:55

Vinyasa 2-3
Ted Sikström
Sal 1

18:00-20:00

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 3

19:00 - 20:30

Yin/Restorative
Kerstin Moreau
Sal 1

TORSDAG

06:30-09:55

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

07:00-08:15

Vinyasa 1
Shay Peretz
Sal 2

10:15-11:45

Hatha 1-2
ChungMei Lee
Sal 1-2

12:00-13:00

Vinyasa 1
Annika Berger
Sal 1-2

11:45-12:00

Intro till
Ishta-meditation
ChungMei Lee
Sal 3

12:00-13:00

Ishta-meditation
ChungMei Lee
Sal 3

13:15-14:15

Yin
Sofie Ringsten/
Sarah Jonsson
Sal 1

16:30-17:55

Yin/Restorative
Sarah Jonsson
Sal 1-2

18:00-19:00

Hatha 1
Annika Berger
Sal 1-2

FREDAG

06:30-09:30

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

08:30-09:45

Vinyasa 1
Kripa Patra
Sal 2

10:00-11:30

YogaLab
Jonas Rådahl
Sal 1

12:00-13:00

Vinyasa 2-3
Jonas Rådahl
Sal 1

12:00-13:00

Yin/Meditation
Kripa Patra
Sal 2

13:15-14:15

Hatha 1-3
Sandra Lones
Sal 1-2

15:00-16:55

Restorative
Sarah Jonsson
Sal 1-2

16:15-18:15

Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 3

17:00-18:15

Hatha 2
Sarah Jonsson
Sal 1-2

LÖRDAG

10:30-12:00

Vinyasa 2
Anna Gordh
Humlesjö/
ChungMei Lee*
Sal 1-2

12:15-13:15

Hatha 1-3
ChungMei Lee/
Linn-Isabell
Westerlund
Sal 1-2

13:30-14:45

Vinyasa 1
Linn-Isabell
Westerlund
Sal 1-2

15:00-16:30

Yin
Linn Hansson
Sal 1-2

*varannan vecka

SÖNDAG

09:00-10:40

Ledd Primary
(Mysore, Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1-2

10:40-11:55

Vinyasa 2-3
David Fredriksson
Sal 1-2

12:00-13:25

Hatha 1
ChungMei Lee
Sal 1-2

13:30-15:00

Terapeutisk Hatha/
Restorative
ChungMei Lee
Sal 1-2

15:15-16:30

Vinyasa 1-2
Guy Powiecki/
Anakin Wagner
Sal 1-2



SPECIALSCHEMA VT20 YOGAYAMA ÖSTERMALM Gäller från v.14 - 30/3 - tillsvidare

Vi reserverar oss för eventuella ändringar i samtliga publicerade scheman. Schemat uppdateras kontinuerligt under terminen. För den senast uppdaterade versionen, se schemat i vår app eller på vår hemsida.