

V E C K A 30

24/7 Måndag	25/7 Tisdag	26/7 Onsdag	27/7 Torsdag	28/7 Fredag	29/7 Lördag	30/7 Söndag
Vinyasa flow 12.00-13.00 MT (Eva Eriksson)	Vinyasa flow 12.00-13.00 MT (Eva Eriksson)	Vinyasa flow 12.00-13.00 MT (Nadja)	Vinyasa flow 12.00-13.00 MT (Christina)		Vinyasa flow 10.00-11.15 MT (Annie Schachtel)	Hot yoga 11.00-12.15 MT (Annie Schachtel)
Vinyasa flow 17.30-18.45 MT (Eva Eriksson)	Yin yoga 17.30-18.45 MT (Anna Hedelin)	Vinyasa flow 17.30-18.45 MT (Christina)	Hot yoga 17.30-18.45 MT (Annie Schachtel)	Yin yoga 16.00-17.15 MT (Madeleine)	Hot yoga 11.45-13.00 MT (Jenny B)	
Hot yoga 19.00-20.15 MT (Annie Schachtel)	Hot yoga 19.00-20.15 MT (Anna Hedelin)	Yin yoga 19.00-20.15 MT (Anna Hedelin)				

V E C K A 31

31/7 Måndag	1/8 Tisdag	2/8 Onsdag	3/8 Torsdag	4/8 Fredag	5/8 Lördag	6/8 Söndag
Vinyasa flow 12.00-13.00 MT (Victoria R)	Vinyasa flow 12.00-13.00 MT (Sanna Ansaldo)	Vinyasa flow 12.00-13.00 MT (Nadja)	Vinyasa flow 12.00-13.00 MT (Josefin Söderby)	Vinyasa flow 12.00-13.00 MT (Madeleine)		Hot yoga 11.00-12.15 MT (Anna Hedelin)
Vinyasa flow 17.30-18.45 MT (Sanna Ansaldo)	Rocket vinyasa 17.30-18.45 MT (Sanna Ansaldo)	Vinyasa flow 17.30-18.45 MT (Josefin Söderby)	Hot yoga 17.30-18.45 MT (Madeleine)	Yin yoga 16.00-17.15 MT (Josefin Söderby)		
Hot yoga 19.00-20.15 MT (Victoria R)	Hot yoga 19.00-20.15 MT (Josefin Söderby)	Yin yoga 19.00-20.15 MT (Åsa)				Yin yoga 16.00-17.15 MT (Madeleine)

V E C K A 32

7/8 Måndag	8/8 Tisdag	9/8 Onsdag	10/8 Torsdag	11/8 Fredag	12/8 Lördag	13/8 Söndag
Vinyasa flow 12.00-13.00 MT (Eva Eriksson)	Vinyasa flow 12.00-13.00 MT (Josefin Söderby)	Vinyasa flow 12.00-13.00 MT (Malin W)	Vinyasa flow 12.00-13.00 MT (Madeleine)	Vinyasa flow 12.00-13.00 MT (Anja)	Vinyasa flow 10.00-11.15 MT (Christina)	Hot yoga 11.00-12.15 MT (Carina)
Vinyasa flow 17.30-18.45 MT (Jenny B)	Rocket vinyasa 17.30-18.45 MT (Sanna Ansaldo)	Vinyasa flow 17.30-18.45 MT (Jenny B)	Hot yoga 17.30-18.45 MT (Josefin Söderby)	Yin yoga 16.00-17.15 MT (Alexandra U)	Hot yoga 11.45-13.00 MT (Alexandra U)	
Hot yoga 19.00-20.15 MT (Josefin Söderby)	Hot yoga 19.00-20.15 MT (Mei-li)	Yin yoga 19.00-20.15 MT (Åsa)	Yin yoga 19.00-20.15 MT (Anna Hedelin)			Yin yoga 16.00-17.15 MT (Christina)

V E C K A 33

14/8 Månda	15/8 Tisdag	16/8 Onsdag	17/8 Torsdag	18/8 Fredag	19/8 Lördag	20/8 Söndag
Vinyasa flow 12.00-13.00 MT (Anja)	Vinyasa flow 12.00-13.00 MT (Sanna Ansaldo)	Vinyasa flow 12.00-13.00 MT (Anja)	Vinyasa flow 12.00-13.00 MT (Johanna)	Vinyasa flow 12.00-13.00 MT (Anja)	Vinyasa flow 10.00-11.15 MT (Christina)	Hot yoga 11.00-12.15 MT (Mei-li)
Vinyasa flow 17.30-18.45 HT (Josefin Söderby)	Yin yoga 17.30-18.45 HT (Johanna)	Vinyasa flow 17.30-18.45 HT (Josefin Söderby)	Hot yoga 17.30-18.45 (Carina)	Yin yoga 16.00-17.15 MT (Carina)	Hot yoga 11.45-13.00 MT (Johanna)	Hatha flow 12.30-13.30 MA (Alexandra)
Ashtanga Alla nivåer 17.30-19.00 MT (Christina)	Ashtanga Alla nivåer 17.30-19.00 MT (Naomi)	Ashtanga Alla nivåer 17.30-19.00 MT (Christina)	Yin yoga 19.00-20.15 MT (Anna Hedelin)	Rocket vinyasa 17.30-18.45 MT (Verena)	Yin yoga 15.00-16.15 MT (Mei-li)	Yin yoga 16.00-17.15 MT (Madeleine)
Hot yoga 19.15-20.30 MT (Carina)	Hot yoga 19.15-20.30 MT (Johanna)	Yin yoga 19.15-20.30 MT (Carina)				