

Spring Schedule 2022 Lidingö

Holidays and red days/weeks, reduced classes may occur. For updated schedule including sub teachers see our website.

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	Strong Flow 07.00-08.00 Shirin Djavidi					
		Hatha Flow 08.30-09.30 Charlotte Fredriksson				
Anusara Yoga 09.00-10.00 Jennie Liljefors				Yinyoga 09:00-10:00 Sandra Janson	Hatha Yoga 09:15 - 10:30 Magdalena Schmidt	Hathayoga 09:30-10.45 Clive Guiver
					Vinyasa/ Strong Flow 11.00-12.15 Rotating Teacher	
Beginners Hatha 12:00 - 13:00 Sandra Janson	Vinyasa 12:00-13:00 Karin Schütz	Hatha Yoga 12:00-13:00 Isabella Frost Bergman	Anusara Yoga 12:00 - 13:00 Jennie Liljefors	Vinyasa 12:00-13:00 Clive Guiver		
			Yoga Nidra 13.15-14.15 Jennie Liljefors			
			Restorativeyoga 14:30 - 15:45 Rikard Skogberg			
Kundalini Yoga 17:00 - 18:15 Milena V Pavlovic		Strong Flow 18:15-19:15 Marianne Engvall				Yinyoga 16:30-17:45 Therese Täckenström
Ashtanga Yoga 18:30-19:30 Cecilia Wikner	Flow and Restore 18:15 - 19:30 Jeanette Johnsson	Yin Yoga 19:30-20:30 Marianne Engvall				