

# Spring Schedule 2022 Östermalm

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
	<b>Vinyasa Flow</b> 07:00-08:15 Alice Roos		<b>Kundaliniyoga</b> 07:00-08:15 Milena V Pavlovic	<b>Yogasana</b> 07:00-08:15 Nathalie Czarnecki		
	<b>Yinyoga</b> 08:30-09:30 Ann Pierson		<b>Yinyoga</b> 09:00-10:00 Sandra Janson			<b>Hathayoga</b> 09:00-10:15 Maria Salomaa
	<b>Ashtangayoga</b> 10:00-11:15 Cecilia Wikner	<b>Yoga with Jennie</b> 10:30-11:30 Jennie Liljefors	<b>Ashtangayoga</b> 10:15 - 11:30 Cecilia Wikner	<b>Kundaliniyoga</b> 09:30-11:00 Nicole Hedman	<b>Hatha Yoga</b> 10:00 - 11:15 Isabella Frost Bergman	<b>Strong Flow</b> 10:30-12:00 Ann Pierson
<b>Ashtangayoga</b> 11:45-12:45 Maria Salomaa		<b>Vinyasa</b> 11:45- 12:45 Madeleine Uggla	<b>Ashtangayoga</b> 11:45 - 12:45 Cecilia Wikner		<b>Vinyasa</b> 11:30-12:45 Clive Guiver	
<b>Vinyasa</b> 12:00 - 13:00 Shay Peretz	<b>Vinyasa</b> 12:00-13:00 Sandra Lones	<b>Strong Flow</b> 12:00-13:00 Ann Pierson	<b>Vinyasa</b> 12:00 - 13:00 Eric Ernerstedt	<b>Vinyasa</b> 12:00-13:00 Karin Schütz		
	<b>Restorativeyoga</b> 15:00 - 16:00 Ulrica Norberg			<b>Yinyoga</b> 15:00-16:15 Marianne Engvall	<b>Yinyoga</b> 15:00-16:15 Ebba Reuterswärd	<b>Kundaliniyoga</b> 15:00 - 16:15 Milena Pavlovic
<b>Vinyasa</b> 17:00 - 18:30 Shay Peretz	<b>Yin Yang</b> 17:00-18:15 Ebba Reuterswärd	<b>Kundaliniyoga</b> 17:15-18:30 Nicole Hedman	<b>Vinyasa</b> 17:15-18:30 Anders Östman	<b>Afterwork Vinyasa Flow</b> 16:45-18:00		<b>Yinyoga</b> 16:30-17:45 Rosanna Holmström
<b>Yinyoga</b> 17:15 - 18:30 Annaf Åhlgren	<b>Hathayoga</b> 18:15 - 19:30 Sandra Janson	<b>Vinyasa</b> 17:30-18:30 Clive Guiver	<b>Strong Flow</b> 18:15-19:30 Charlotte Fredriksson			
<b>Hathayoga</b> 18:45- 20.00 Annaf Åhlgren	<b>Strong Flow</b> 19:00-20:15 Marianne Engvall	<b>Vinyasa Flow</b> 18:45-20:00 Sahara Leigh				