

Summer Schedule 2022 Östermalm

Schedule valid between 20th of June - 14th of August.

Grev Turegatan will be closed Week 30.

For updated schedule including teachers see our website.

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	Vinyasa Flow 07:00-08:15					
	Yinyoga 08:30-09:30		Yinyoga 09:00-10:00			Vinyasa 09:00-10:15
			Ashtangayoga 10:15 - 11:30		Hatha Yoga 10:00 - 11:15	Strong Flow 10:30-12:00
					Vinyasa 11:30-12:45	
Vinyasa 12:00 - 13:00	Vinyasa 12:00-13:00	Strong Flow 12:00-13:00	Vinyasa 12:00 - 13:00	Vinyasa 12:00-13:00		
					Yinyoga 15:00-16:15	
Vinyasa 17:00 - 18:30			Strong Flow 17:15-18:30	Afterwork Vinyasa Flow 16:30-17:45		Yinyoga 16:30-17:45
Hathayoga 18:45- 20.00	Hathayoga 18:15 - 19:30	Vinyasa 17:30-18:30				
		Hathayoga 18:45-20:00				