

Summer Schedule 2022 Lidingö

This schedule is valid Week 25, 26 & 32. The studio will be closed weeks 27 - 31.

For updated schedule including sub teachers see our website.

Week 25

| MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|--|--|-----------------------------------|--------------------------------------|----------------------|----------------------|---------------------------------|
| | | Hatha Flow 08.30-09.30 | | Studio Closed | Studio Closed | Hathayoga 09:30-10.45 |
| YinYoga 12:00 - 13:00 | Vinyasa 12:00-13:00 | | Anusara Yoga 12:00 - 13:00 | | | |
| Kundalini Yoga 18:00 - 19:15 | Flow and Restore 18:15 - 19:30 | Strong Flow 18:15-19:15 | | | | Yinyoga 16:30-17:45 |

Week 26

| MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|--|--|-----------------------------------|--------------------------------------|-------------------------------|--|---------------------------------|
| | | Hatha Flow 08.30-09.30 | | Yinyoga 09:00-10:00 | | Hathayoga 09:30-10.45 |
| YinYoga 12:00 - 13:00 | Vinyasa 12:00-13:00 | | Anusara Yoga 12:00 - 13:00 | Vinyasa 12:00-13:00 | Vinyasa/ Strong Flow 11.00-12.15 | |
| Kundalini Yoga 18:00 - 19:15 | Flow and Restore 18:15 - 19:30 | Strong Flow 18:15-19:15 | | | | |

Week 32

STUDIO CLOSED WEEK 27 - 31

| MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|--|--|-----------------------------------|--------------------------------------|-------------------------------|--|---------------------------------|
| | | Hatha Flow 08.30-09.30 | | Yinyoga 09:00-10:00 | | Hathayoga 09:30-10.45 |
| YinYoga 12:00 - 13:00 | Vinyasa 12:00-13:00 | | Anusara Yoga 12:00 - 13:00 | Vinyasa 12:00-13:00 | Vinyasa/ Strong Flow 11.00-12.15 | |
| Kundalini Yoga 18:00 - 19:15 | Flow and Restore 18:15 - 19:30 | Strong Flow 18:15-19:15 | | | | Yinyoga 16:30-17:45 |