

January / February

Fridays

Dynamic 16:30-17:30

2/1 • Vinyasa Flow
Cinna

9/1 • Vinyasa Flow
Alexia

16/1 • Vinyasa Flow
Sheila

23/1 • Vinyasa Flow
Sheila

30/1 • Vinyasa Flow
Sheila

**Bastu
Session** 21:00-22:00

Saturdays

**Bastu
Session** 09:00-10:00

Dynamic 10:00-11:00

3/1 • Vinyasa Flow
Cinna

10/1 • Vinyasa Flow
Alexia

17/1 • Yogalates
Vendela

24/1 • Yin Yoga
Cinna

31/1 • Vinyasa Flow
Cinna

Recovery 11:30-13:00

3/1 • Breathwork & Reiki
Malvina

10/1 • Yin Yoga
Alexia

17/1 • Breathwork & Reiki
Malvina

24/1 • Breathwork&Reiki
Malvina

31/1 • Sound Healing
Cinna

**Bastu
Session** 21:00-22:00

Sundays

**Bastu
Session** 09:00-10:00

Dynamic 10:00-11:00

4/1 • Vinyasa Flow
Cinna

11/1 • Vinyasa Flow
Nathalie

18/1 • Vinyasa Flow
Nathalie

25/1 • Vinyasa Flow
Nathalie

1/2 • Vinyasa Flow
Nathalie

Recovery 11:30-13:00

4/1 • Breathwork & Reiki
Malvina

11/1 • Yin Yoga
Nathalie

18/1 • Yin Yoga
Nathalie

25/1 • Yin Yoga
Nathalie

1/2 • Yin Yoga
Nathalie

