

J  
≡

# March

## Fridays

**Dynamic** 16:30–17:30

6/3 • Vinyasa Flow  
Cinna

13/3 • Vinyasa Flow  
Alexia

20/3 • Vinyasa Flow  
Sheila

27/3 • Vinyasa Flow  
Martina

**Bastu  
Session** 21:00–22:00

## Saturdays

**Bastu  
Session** 09:00–10:00

**Dynamic** 10:00–11:00

7/3 • Yoga  
Viktor

14/3 • Vinyasa Flow  
Alexia

21/3 • Yogalates  
Vendela

28/3 • Yoga  
Viktor

**Recovery** 11:30–13:00

7/3 • Breathwork & Reiki  
Malvina

14/3 • Yin Yoga  
Alexia

21/3 • Breathwork & Reiki  
Malvina

28/3 • Breathwork & Reiki  
Malvina

**Bastu  
Session** 21:00–22:00

## Sundays

**Bastu  
Session** 09:00–10:00

**Dynamic** 10:00–11:00

8/3 • Yoga  
Viktor

15/3 • Vinyasa Flow  
Cinna

22/3 • Vinyasa Flow  
Nathalie

29/3 • Vinyasa Flow  
Nathalie

**Recovery** 11:30–13:00

8/3 • Breathwork & Reiki  
Malvina

15/3 • Yin Yoga  
Cinna

22/3 • Yin Yoga  
Nathalie

29/3 • Yin Yoga  
Cinna

