

J
≡

May

Fridays

Dynamic 16:30–17:30

1/5 • Vinyasa Flow, Sheila
8/5 • Vinyasa Flow, Sheila
15/5 • Vinyasa Flow, Sheila
22/5 • Vinyasa Flow, Sheila
29/5 • Vinyasa Flow, Alexia (to 18:00)

Dynamic 18:30–19:30

1/5 • Breathwork, Sheila
8/5 • Breathwork, Sheila
15/5 • Breathwork, Sheila
29/5 • Friday Reset Sauna Session
(18:30–19:30)

Bastu Session 21:00–22:00

1/5 • Ola
8/5 • Lisanne
22/5 • Viktor
29/5 • Lisanne

Saturdays

Dynamic 08:00–09:00

23/5 • Yin Yoga, Cinna

Bastu Session 09:00–10:00

2/5 • Ola
9/5 • Lisanne
23/5 • Viktor
30/5 • Martina

Dynamic 10:00–11:00

9/5 • Yogalates, Vendela
16/5 • Vinyasa Flow, Cinna
23/5 • Vinyasa Flow, Cinna
30/5 • Vinyasa Flow, Cinna

Recovery 11:30–13:00

2/5 • Breathwork & Reiki, Malvina
9/5 • Yin Yoga & Sound Healing, Lisanne
16/5 • Yin Yoga & Sound Healing, Cinna
23/5 • Breathwork & Reiki, Malvina
30/5 • Yin Yoga & Sound Healing, Cinna

Bastu Session 21:00–22:00

2/5 • Lisanne
9/5 • Lisanne
23/5 • Viktor
30/5 • Martina

Sundays

Bastu Session 09:00–10:00

3/5 • Lisanne
10/5 • Lisanne
24/5 • Viktor
31/5 • Martina

Dynamic 10:00–11:00

3/5 • Vinyasa Flow, Nathalie
10/5 • Vinyasa Flow, Nathalie
17/5 • Vinyasa Flow, Nathalie
24/5 • Vinyasa Flow, Nathalie
31/5 • Vinyasa Flow, Nathalie

Recovery 11:30–13:00

3/5 • Yin Yoga, Nathalie
10/5 • Yin Yoga, Nathalie
17/5 • Yin Yoga, Nathalie
24/5 • Yin Yoga, Nathalie
31/5 • Yin Yoga, Nathalie

