

February

Fridays

Dynamic 16:30–17:30

6/2 • Vinyasa Flow
Sheila

13/2 • Vinyasa Flow
Sheila

20/2 • Vinyasa Flow
Sheila

27/2 • Vinyasa Flow
Sheila

**Bastu
Session** 21:00–22:00

Saturdays

**Bastu
Session** 09:00–10:00

Dynamic 10:00–11:00

7/2 • Yogalates
Vendela

14/2 • Vinyasa Flow
Alexia

21/2 • Yogalates
Vendela

28/2 • Vinyasa Flow
Cinna

Recovery 11:30–13:00

7/2 • Yin Yoga & Sound Healing
Lisanne

14/2 • Breathwork
Malvina

21/2 • Breathwork
Malvina

28/2 • Sound Healing
Cinna

**Bastu
Session** 21:00–22:00

Sundays

**Bastu
Session** 09:00–10:00

Dynamic 10:00–11:00

8/2 • Vinyasa Flow
Nathalie

15/2 • Vinyasa Flow
Nathalie

22/2 • Vinyasa Flow
Nathalie

1/3 • Yin Yoga
Cinna

Recovery 11:30–13:00

8/2 • Yin Yoga
Nathalie

15/2 • Yin Yoga
Nathalie

22/2 • Yin Yoga
Nathalie

1/3 • Sound Healing
Cinna

