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December Schedule

Fridays

Dynamic 16:30–17:30

5/12 • Yin Yoga
Martina

12/12 • Vinyasa Flow
Alexia

19/12 • Vinyasa Flow
Sheila

Bastu
Session 21:00–22:00

Saturdays

Bastu
Session 09:00–10:00

Dynamic 10:00–11:00

6/12 • Vinyasa Flow
Martina

13/12 • Vinyasa Flow
Alexia

20/12 • Somatic Movement
Jessica

27/12 • Vinyasa Flow
Cinna

Sundays

Bastu
Session 09:00–10:00

Dynamic 10:00–11:00

7/12 • Yin Yoga
Martina

14/12 • Yin Yoga
Cinna

21/12 • Vinyasa Flow
Alexia

28/12 • Vinyasa Flow
Martina

Recovery 11:30–13:00

6/12 • Sound Healing
Martina

13/12 • Yin Yoga
Alexia

20/12 • Breathwork
Ibbe

27/12 • Sound Healing
Cinna

Bastu
Session 21:00–22:00

Recovery 11:30–13:00

7/12 • Sound Healing
Martina

14/12 • Sound Healing
Cinna

21/12 • Breathwork
Holli

28/12 • Breathwork & Reiki
Malvina

