# Yoga Schedule

MOUMO

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| **07.00-8.00**<br>**Vinyasa**<br>Josefin Strid | **07.00-8.00**<br>**Vinyasa**<br>Johanna Garpe | **07.00-8.00**<br>**Hatha**<br>Sofia Kingstedt | **07.00-8.15**<br>**Klättergympa**<br>Ingrid Elmin | **07.00-8.00**<br>**Rocket**<br>Frida Starvid | | |
| | | **10.30-11.30**<br>**Mama & Baby Yoga ***<br>Alice Roos | | **09.30-11.00**<br>**Yin**<br>Sandra Lones | **09.30-11.00**<br>**Vinyasa**<br>Josefin Strid | **09.30-11.00**<br>**Vinyasa**<br>Siiri Soveri/<br>Sofia Kingstedt |
| | | | | | **11.15-12.45**<br>**Movement**<br>Leo Belaieff | **11.30-12.30**<br>(selected dates)<br>**Family Yoga**<br>Sofia Kingstedt |
| **12.00-13.00**<br>**4-Beat**<br>Magdalena Fors | **12.00-13.00**<br>**Yoga Lab**<br>Jonas Rådahl | **12.00-13.00**<br>**Vinyasa**<br>Shay Peretz | **12.00-13.00**<br>**Vinyasa**<br>Sofia Kingstedt | **12.00-13.00**<br>**Hatha**<br>Anna Hedelin | | |
| **16.15-17.45**<br>**Vinyasa**<br>Sandra Lones | | | | | **14.00-15.30**<br>**Yoga Celebration**<br>(selected dates)<br>Rotating teachers | **15.00-16.15**<br>**Handstand Mobility**<br>Josefin Strid |
| | **17.30-19.00**<br>**Vinyasa**<br>Josefin Strid | **17.00-18.15**<br>**Vinyasa**<br>Shay Peretz | **17.00-18.30**<br>**Rocket**<br>Ebba Gyalog | **16.30-17.45**<br>**4-Beat AW**<br>Magdalena Fors | | **16.30-18.30**<br>**Yin Yoga**<br>Josefin Strid |
| **18.00-19.30**<br>**Yin**<br>Jonas Rådahl | | | | | | |
| | **18.00-19.15**<br>**Hatha**<br>Eva-Lotta Elmér<br>(Studio 2) | **18.30-19.45**<br>**Breathwork**<br>Kia Agerhem | **18.45-20.15**<br>**Relax & Restore**<br>Anna Hedelin | | | |

*Mama & Baby Yoga is found under the “Yoga: Courses” section in our booking system