

Schedule January 2nd to April 28th 2019

Special Easter schedule April 18th to 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<b>Yin</b> Christina Theilg. 08:30 – 09:45		<b>Hatha (ENG)</b> Marcello Real 08:00 – 09:30	<b>Yin (ENG)</b> Carin Lindberg 08:00 – 09:15	<b>Iyengar</b> Jack Davis (ENG) 08:30 – 10:00	<b>Vinyasa</b> Sacha Skott 09:00 – 10:30	
	<b>Power</b> Tilde Vig 10:00 – 11:30	<b>Yin (ENG)</b> Rachel Sandage 09:30 – 11:00	<b>Soft Flow (ENG)</b> Sandy Leung 10:00 – 11:30	<b>Hatha (ENG)</b> Marcello Real 10:00 – 11:30	<b>Yin (ENG)</b> Sandy Leung 10:00 – 11:30	<b>Yin</b> Sacha Skott 10:45 – 12:15	<b>Hatha</b> Morten Kok 10:00 – 11:30
	<b>Gentle Hatha</b> Ann B Hansen 10:00 – 11:30		<b>NEW</b>				<b>Light Vinyasa</b> Olga Sjøstrand 10:00 – 11:30
Late morning		<b>Mom&amp;Baby</b> Agnieszka (ENG) 11:30 – 13:00 6x			<b>Mom&amp;Baby</b> Agnieszka (ENG) 12:00 – 13:30 6x	<b>Saturday Workshops</b>	<b>Sunday noon Workshops</b>
		<b>Prenatal</b> Agnieszka (ENG) 13:30 – 15:00 6x				<b>Workshop lunch</b> See dates.	<b>Iyengar</b> Friederike/Claus 12:00 – 13:30
After-noon		<b>Yoga&amp;Meditation</b> Marcello R (ENG) 15:30 – 16:45	<b>Gentle/Restoratives</b> Marie-Louise T 15:15 – 16:45		<b>Hatha</b> Morten Kok 15:00 – 16:30		<b>Yin (ENG)</b> Rachel Sandage 14:00 – 15:30
	<b>Yin</b> Christina Theilg. 17:00 – 18:30	<b>Back class</b> Jack Davis (ENG) 17:00 – 18:30	<b>Prenatal</b> Agnieszka Bera 17:00 – 18:30 6x	<b>Hatha (ENG)</b> Marcello Real 17:00 – 18:30	<b>Restoratives</b> Edyta Gawron 16:00 – 17:30		<b>Power</b> Tilde Vig 16:30 – 18:00
Evening	<b>Jivamukti</b> Tina Andersen 17:00 – 18:30	<b>Restoratives</b> Ann B Hansen 17:00 – 18:30	<b>Vinyasa</b> Ann-SofiePackert 17:00 – 18:30	<b>Iyengar II</b> Jack Davis (ENG) 17:00 – 18:30	<b>Kundalini Spirit</b> Rubén Ricárdez 17:00 – 18:30		<b>Sunday night Workshop</b>
	<b>Iyengar</b> Friederike/Claus 19:00 – 20:30	<b>Sweaty Vinyasa</b> Olga Sjøstrand 19:00 – 20:30	<b>Yin (ENG)</b> Sandy Leung 19:00 – 20:30	<b>Vinyasa</b> Wiebke J (ENG) 19:00 – 20:30	<b>Friday night Workshop</b>		<b>Workshop dinner</b> See dates.
	<b>Kundalini Relax</b> Rubén Ricárdez 19:00 – 20:30	<b>Iyengar</b> Marie-Louise T 19:00 – 20:30	<b>Hatha</b> Anders Sinding 19:00 – 20:30	<b>Kundalini (ENG)</b> Agnieszka Bera 19:00 – 20:30			<b>Power</b> Tilde Vig 18:30 – 20:00 <b>NEW</b>
	<b>Dinner 20:45</b> See dates. <b>NEW</b>	<b>Dinner 20:45</b> See dates.		<b>Dinner 20:45</b> See dates.			

Styles

Dynamic styles	Iyengar	Hatha / Kundalini / Yin	Special classes	Food
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(DK) = class taught in Danish only  
(ENG) = class taught in English only  
All other in English or Danish as needed

◆ = a course (fixed sequence) for a fixed price.

**Regular classes** cost 1 punch, but there is a one-time price 145 DKK

**Punches** are bought by refilling your account:

3 punches 375 DKK	9 punches 965 DKK	<b>Auto-refill option</b>
20 punches 1.975 DKK	30 punches 2.845 DKK	8 punches 685 DKK/month
40 punches 3.645 DKK	50 punches 4.375 DKK	12 punches 975 DKK/month
60 punches 5.075 DKK	80 punches 6.445 DKK	(minimum 6 months)
	100 punches 7.645 DKK	

**New students** are entitled to buy 3 punches **one time** for 225 DKK. We offer **2 punches extra for students, unemployed, and seniors** on 9 punches, and 4 punches extra on 20 punches only. Whenever you are down to 3 punches or less there they expire after 3 months, unless you refill.

Sign-up and payment is done on [www.yoganet.dk](http://www.yoganet.dk) that accepts payments online with Dankort, MasterCard, Maestro, Visa, Visa Electron, JCB, and American Express.

You can also buy **gift certificates** on Yoganet for 225 DKK (for new students), 375 DKK, 550 DKK and 1075 DKK.