

Schedule August 27th until December 20th 2018

Followed by holiday schedule 21/12-1/1.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Yin Christina Theilg. 08:30 – 09:45	Vinyasa Louise Hechm. 08:00 – 09:15	Hatha (ENG) Marcello Real 08:00 – 09:30	Yin (ENG) NEW Carin Lindberg 08:00 – 09:15	Iyengar Jack Davis (ENG) 08:30 – 10:00	Vinyasa Various 09:00 – 10:30	Hatha Morten Kok 10:00 – 11:30
	Power (ENG) Claudia Kjems 10:00 – 11:30	Yin (ENG) Carin Lindberg 09:30 – 11:00	Yin (ENG) Sandy Leung 10:00 – 11:30	Hatha (ENG) Marcello Real 10:00 – 11:30	Yin (ENG) Sandy Leung 10:00 – 11:30	Yin Various	Light Vinyasa Olga Sjøsti NEW 10:00 – 11:30
Late morning	Gentle Hatha Ann Hansen 10:00 – 11:30	Morten Kok 10:00 – 11:30		Vinyasa Louise Hechm. 10:00 – 11:30	Power (ENG) Claudia Kjems 10:00 – 11:30	10:45 – 12:15 Saturday Workshops	
	NEW	Mom&Baby Agnieszka (ENG) 11:30 – 13:00 6x Prenatal Agnieszka (ENG) 13:30 – 15:00 6x				Workshop lunch See dates.	Sunday noon Workshops Iyengar Claus Sørensen 12:00 – 13:30
Afternoon		Yoga&Meditation Marcello R (ENG) 15:30 – 16:45	Gentle/Restoratives Marie-Louise T 15:15 – 16:45		Hatha Morten Kok 15:15 – 16:45	Iyengar Jack Davis (ENG) 14:00 – 15:30	pt. Zerina Konic 14:00 – 15:30 Kundalini: Health Rubén Ricárdez 14:30 – 16:00
	Yin Christina Theilg. 17:00 – 18:30	Back class Jack Davis (ENG) 17:00 – 18:30	Prenatal Agnieszka Bera 17:00 – 18:30 6x	Hatha (ENG) Marcello Real 17:00 – 18:30	Restoratives Lise Wege NEW 17:00 – 18:30	Sat PM POP-UP # See yoganet	Power (ENG) Claudia Kjems 16:30 – 18:00
Evening	Jivamukti Tina Ande NEW 17:00 – 18:30	Restoratives* Ann Hansen NEW 17:00 – 18:30	Power (ENG) Claudia Kjems 17:00 – 18:30	Iyengar II NEW Jack Davis (ENG) 17:00 – 18:30	Kundalini Spirit Rubén Ricárdez 17:00 – 18:30		
	Iyengar Claus Sørensen 19:00 – 20:30	Sweaty Vinyasa Olga Sjøsti NEW 19:00 – 20:30	Yin (ENG) Sandy Leung 19:00 – 20:30	Vinyasa Wiebke J (ENG) 19:00 – 20:30	Dinner 18:45 See dates.	Sunday night Workshop / POP-UP # See yoganet	
	Kundalini Relax Rubén Ricárdez 19:00 – 20:30	Iyengar Marie-Louise T 19:00 – 20:30	Hatha Anders Sinding 19:00 – 20:30	Kundalini (ENG) Agnieszka NEW 19:00 – 20:30	Friday night Workshop / POP-UP # See yoganet	Workshop dinner See dates.	
		Dinner 20:45 See dates.		Dinner 20:45 See dates.			

* Starts 18/9. Cathrine teaches Yin Yang 4+11/9

** Special reduced price (50 kr per class)

One Saturday each month at 12:30:

25/8, 15/9, 20/10, 17/11, 15/12

POP-UP class. Check Yoganet or this list.

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
20 punches 1.975 DKK	30 punches 2.845 DKK
40 punches 3.645 DKK	50 punches 4.375 DKK
60 punches 5.075 DKK	80 punches 6.445 DKK

Auto-refill option

8 punches 685 DKK/month
12 punches 975 DKK/month (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 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.