

Schedule August 26th to December 20th 2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Yin Christina Theilg. 08:30 – 09:45	Vinyasa (NEW) Rachel Sandage 07:45 – 09:00	Hatha Thomas Elneg. 07:45 – 09:00	Yin (ENG) Carin Lindberg 07:45 – 09:00	Vinyasa (ENG) Various 08:30 – 10:00	Vinyasa(ENG) Christiane Bl. 09:00 – 10:30	Hatha Morten Kok 10:00 – 11:30
	NEW Power (ENG) Claudia Kjems 10:00 – 11:30	Hatha Christina Grunw. 09:30 – 11:00	NEW Power (ENG) Tamas Rakosi 10:00 – 11:30	NEW Hatha Morten Kok 10:00 – 11:30	Yin Various 10:00 – 11:30	Yin Zerina Konic 10:45 – 12:15	Light Vinyasa Olga Sjostrand 10:00 – 11:30
Late morning	Gentle Hatha Ann B Hansen 10:00 – 11:30	Mom&Baby Agnieszka (ENG) 11:30 – 13:00 6x Prenatal Agnieszka (ENG) 13:30 – 15:00 6x			Mom&Baby Agnieszka (ENG) 12:00 – 13:30 6x	Saturday Workshops Workshop lunch See dates.	Sunday noon Workshops Hatha Christina Grunw. 12:00 – 13:30
		NEW Yoga&Meditation Agni D R (ENG) 15:30 – 16:45	Gentle/Restoratives Marie-Louise T 15:15 – 16:45	Yin Christina Theilg. 15:30 – 16:45	Hatha Morten Kok 15:00 – 16:30	Saturday afternoon Workshops	Yin (ENG) Rachel Sandage 14:00 – 15:30 Kundalini: Health Rubén Ricárdez 14:30 – 16:00
After-noon	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 Thomas Elneg. 17:00 – 18:30		Power (ENG) Tamas Rakosi 16:00 – 17:30	Power (EN) Claudia Kjems 16:30 – 18:00
	NEW Vinyasa(ENG) Virginia Corcuera 17:00 – 18:30	Restoratives Ann B Hansen 17:00 – 18:30	Power (EN) Claudia Kjems 17:00 – 18:30	NEW Iyengar II (ENG) Eve Holbrook* 17:00 – 18:30	Kundalini Spirit Rubén Ricárdez 17:00 – 18:30	NEW	Sunday night Workshop Workshop dinner See dates.
Evening	Iyengar (ENG) Eve Holbrook* 19:00 – 20:30	Sweaty Vinyasa Rachel S (ENG) 19:00 – 20:30	Yin Zerina Konic 19:00 – 20:30	Vinyasa Wiebke J (ENG) 19:00 – 20:30		Friday night Workshop	
	Kundalini Relax Rubén Ricárdez 19:00 – 20:30	Iyengar Marie-Louise T 19:00 – 20:30	Iyengar Friederike Hertel 19:00 – 20:30	Restoratives Jack Davis(ENG) 19:00 – 20:30			
	Dinner 20:45 See dates.	Dinner 20:45 See dates.		Dinner 20:45 See dates.			

\* Eve from New York is "subletting" these two classes from Claus/Jack until 30/9

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	Auto-refill option
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.