

## Schedule from October 1st 2021 some classes have ONLINE option

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<b>Yin ONLINE</b> Christina Theilg. 08:30 – 09:45		<b>Hatha</b> Justine L (ENG) 07:30 – 09:00			<b>Vinyasa(ENG)</b> Christiane Bl. 09:00 – 10:30	<b>Light Vinyasa</b> Toni Stait (ENG) 09:30 – 11:00
		<b>Hatha</b> Anu R-E (ENG) 09:30 – 11:00		<b>Mellow Flow</b> Itahisa G P (ENG) 10:00 – 11:15	<b>Vinyasa</b> Anu R-E (ENG) 10:00 – 11:30	<b>Iyengar</b> Jack Davis (ENG) 10:00 – 11:30	<b>Saturday AM Workshop</b>
Late morning		<b>Vinyasa</b> Itahisa G P (ENG) 10:00 – 11:15					
	<b>Vinyasa</b> Toni Stait (ENG) 12:00 – 13:30	<b>Mom&amp;Baby</b> Anu R-E (ENG) 11:30 – 13:00 6x		<b>Prenatal</b> Anu R-E (ENG) 12:00 – 13:30 5x			
Afternoon			<b>Gentle (ENG)</b> Eve Holbrook 15:00 – 16:30	<b>Yin</b> Christina Theilg. 15:15 – 16:45		<b>Restoratives</b> Jack Davis (ENG) 14:00 – 15:30	<b>Iyengar</b> Jack Davis (ENG) 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> Anu R-E (ENG) 17:00 – 18:30 6x	<b>Iyengar II (ENG)</b> Eve Holbrook 17:00 – 18:30		<b>Saturday PM Workshop</b>	
Evening	<b>Ashtanga(ENG)</b> Javiera S M 17:00 – 18:30	<b>Ashtanga(ENG)</b> Javiera S M 17:00 – 18:30		<b>Hatha</b> Thomas Elneg. 17:00 – 18:30			
	<b>Iyengar</b> Jack Davis (ENG) 19:00 – 20:30	<b>Iyengar</b> Claus Sørensen 19:00 – 20:30	<b>Hatha</b> Thomas Elneg. 19:00 – 20:30	<b>Vinyasa (ENG)</b> Toni Stait 19:00 – 20:30	<b>(Dinner 19:00)</b> Jack Davis		<b>(Dinner 18:30)</b> Jack Davis
					<b>Friday night Workshop</b>		<b>Sunday night Workshop</b>

### Styles



(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 165 DKK (100 DKK for ONLINE classes)

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

3 punches	425 DKK	8 punches	975 DKK
16 punches	1.795 DKK	24 punches	2.595 DKK
32 punches	3.295 DKK	48 punches	4.795 DKK
64 punches	5.895 DKK	100 punches	8.695 DKK

### Auto-refill option

8 punches	775 DKK/month
12 punches	1095 DKK/month

(minimum 6 months)

**New students** are entitled to buy 3 punches **one time** for 250 DKK. We offer **2 punches extra for students, unemployed, and seniors** on 8 punches, and 3 punches extra on 16 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 250 DKK (for new students), 425 DKK, 600 DKK and 1200 DKK.