

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.15- 8.30 RISE & SHINE All Levels <i>Gabriel</i>		7.15- 8.30 RISE & SHINE All Levels <i>Gabriel</i>	7.15- 8.30 RISE & SHINE All Levels <i>Paola</i>		
9.00- 10.30 INTERMEDIATE PRACTICE Level 2 <i>Nicola</i>			9.00- 10.00 HEARTFULL™ MEDITATION All Levels <i>Tove (from 26.9)</i>	9.00- 10.30 G'MORNING PRACTICE All Levels <i>Nicola</i>	9.00- 10.15 PURNA POWER FLOW Level 2 <i>Eva</i>	
11.00, 12.15, 13.30 AYURVEDA CONSULTATION <i>Justine</i>	11.00- 12.30 GENTLE YOGA All Levels <i>Eva</i>	10.00- 11.30 G'MORNING PRACTICE All Levels <i>Gabriel</i>	10.30- 12.00 INTERMEDIATE PRACTICE Level 2 <i>Tove (from 26.9)</i>		10.45- 12.15 YOGA WALL CLASS Levels 1-2 <i>Eva</i>	10.00- 11.30 G'MORNING PRACTICE Levels 1-2 <i>Gabriel</i>
	13.00- 14.00 POSTNATAL YOGA Mom and Baby <i>Laura</i>	12.00- 13.15 PRENATAL YOGA 2 & 3 Trimester <i>Nicola</i>	13.30- 14.30 POSTNATAL YOGA Mom and Baby <i>Nicola</i>		12.45- 14.00 BEGINNERS CLASS Level 1 <i>Kelly</i>	12.00- 12.30 LASTEN SATU JOOGA 4- 8 vuotta (Suomi) <i>Emma</i>
15.00- 16.15 GENTLE YOGA All Levels <i>Lotta</i>	14.30- 15.45 PRENATAL YOGA 2 & 3 Trimester <i>Laura</i>			15.00- 16.00 YOGA YOUNGST'ERS 10- 14 years (English) <i>Paola</i>	WORKSHOPS	WORKSHOPS
17.00- 18.30 PRENATAL YOGA 2 & 3 Trimester <i>Nicola</i>	16.30- 18.00 INTERMEDIATE PRACTICE Level 2 <i>Nicola</i>	16.30- 18.00 STRETCH & STRENGTH All Levels <i>Nicola</i>	17.00- 18.30 YOGA WALL CLASS Levels 1-2 <i>Gabriel</i>	16.30- 17.45 HAPPY FRIDAY All Levels <i>Kelly</i>		16.30- 18.00 RESTORATIVE YOGA - YIN All Levels <i>Eva</i>
19.00- 20.30 STRETCH & STRENGTH All Levels <i>Eva</i>	18.30- 20.00 BEGINNERS CLASS Level 1 <i>Saila</i>	18.30- 20.30 IMMERSION CLASS Private <i>Tove</i>	19.00- 20.15 RESTORATIVE YOGA - YIN All Levels <i>Saila</i>	18.15- 19.30 PRENATAL YOGA All Trimester <i>Nicola</i>		