

Presencial y Online

Lun	Mar	Mié	Jue	Vie
8.30h	7.15h	8.30h	7.15h	8.30h
INTENTION MORNING YOGA	EARLY YOGA MYSORE	INTENTION MORNING YOGA	EARLY YOGA MYSORE	INTENTION MORNING YOGA
	9.00h		9.00h	
	ASHTANGA HALF SERIE		HATHA VINYASA	
		10.30h		
		YOGA SUAVE BREATH & YOGA SPA		
		14.15h	14.15h	14.15h
		ORBITAL VINYASA	ASHTANGA HALF SERIE	VINYASA FLOW
18.15h	18.15h	18.15h	18.15h	
HATHA-VINYASA	ASHTANGA HALF SERIE	VINYASA PEAK POSE FLOW	SATSANG MEDITATION PHILOSOPHY	
			18.45h	
			ORBITAL VINYASA	
19.30h	19.30h	19.30h	20.00h	
CONDITONING BODY FOR YOGA	HIP OPENING FLOW	HATHA VINYASA FLOW	FROM POWER TO YIN	
20.30h				
HATHA VINYASA				

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SPECIAL SUNDAYS SESSIONS

Domingo
de 17:15 a 18:15

