











LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
MORNING YOGA 9:30 - 10:30 h 		MORNING YOGA 9:30 - 10:30 h 		MORNING YOGA 9:30 - 10:30 h 
YOGA PRENATAL 18:00 - 19:00 h 	HATHA YOGA 1 18:00 - 19:00 h 	VINYASA YOGA MULTINIVEL 18:00 - 19:00 h 	VINYASA YOGA MULTINIVEL 18:00 - 19:00 h 	
HATHA YOGA 1 - 2 19:15 - 20:15 h 	HATHA YOGA 19:15 - 20:15 h 	YIN YOGA 19:15 - 20:15 h 	HATHA YOGA 19:15 - 20:15 h 	VINYASA YOGA MULTINIVEL 19:15 - 20:15 h 
HATHA YOGA 1 20:30 - 21:30 h 	YOGA TIBETANO 20:30 - 21:30 h 