



# SCHEDULE

MON	TUE	WED	THU	FRI	S
	7.00h * EARLY YOGA		7.00h * EARLY YOGA		* SPECIAL SATUR/SUNDAY SESSION
8.30h INTENTION MORNING YOGA	MULTI- PRACTICA	8.30h INTENTION MORNING YOGA	MULTI- PRACTICA	8.30h INTENTION MORNING YOGA	
FREE PRACTICE * 	9.00h VINYASA FLOW (60',I,II)	11:00h * AERIAL YOGA ESPALDA SANA (60',I,II)	9.00h ASHTANGA HALF SERIE (60',I,II,III)	FREE PRACTICE * 	
14.15h BACK BEND FLOW (60',I,II)	14.15h * NIDRA EXPERIENCE (60',I,II)	14.15h ORBITAL VINYASA (60',I,II)	14.15h ASHTANGA (60',I,II)	14.15h *VINYASA PROGRESSIVE (60',I,II)	
* FREE PRACTICE				17.00h *NEW BIRDS CLASE BENÉFICA (60',I,II)	
18.15h HATHA- VINYASA (60',I,II)	18.15h * ASHTANGA SERIE I (90',II,III)	18.15h * HATHA VINYASA BASICS (75',I)	18.15h SATSANG MEDITATION PHILOSOPHY		
19.30h * AERIAL YOGA (60',I,II)	19.45h HIP OPENING FLOW (60',I,II)	19.30 * INSPIRED DHARMA (70',II,III)	18.45 ORBITAL VINYASA		
20.30h * YIN YOGA (60',I,II)			20.00 * AERIAL YOGA (60',I,II)		

(60',70',75',90') Duración de la clase  
 I,II,III Nivel de la clase  
 \* Nueva desde 11/S septiembre  
 \* Nueva a partir de Octubre