Grow

Presencial y Online

Lun	Mar	Mié	Jue	Vie
8.30hs **Morning Yoga I**	7.15hs **Early Yoga Mysore 1h 30**	SC 8.30hs **Yogilates + Hipopresivos**	7.15hs **Early Yoga Mysore 1h 30**	8.30hs **Morning Yoga I**
	09.00hs **Ashtanga I- II**		9.00hs **Hatha Vinyasa I - II**	
14.15hs **Hatha Basics I - II**	14.15hs **Vinyasa Flow**	14.15hs **Orbital Vinyasa I - II**	14.15hs **Ashtanga II**	
18.15hs **Ashtanga II**	18.15hs **Orbital Vinyasa I - II**		18.15hs **Power Hatha II**	17:15hs **New Birds Class I - II**
19.30hs **Hip Opening Flow I - II**	19.30hs **Rocket Inspire II**	19.30hs **Vinyasa Flow I - II**	SC 19.30hs **Yogilates+ Hipopresivos**	
20.30hs **Power to Yin**	SC 20.30hs **Meditación** (EN- ES)	20.30hs **Hatha-Vinyasa I - II**		

10.30hs
Hatha Vinyasa
(2 al mes)

2 Sábados al mes
Míralo en nuestra app :)