



THE-SHALA yoga studio

	LU	MA	MI	JU	VI	SA	DO		
6:30		ASHTANGA (mysore)	ASHTANGA (mysore)	ASHTANGA (mysore)	ASHTANGA (mysore)				
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
9:30						ASHTANGA (mysore)			
9:30									
9:45									
10:00		SLOW FLOW		VINYASA (multinivel)					
10:15									
10:30	VINYASA (multinivel)		VINYASA (multinivel)				VINYASA (multinivel)		
10:45									
11:00									
11:15									
11:30						VINYASA (multinivel)			
11:45									
12:00									
12:15									
12:30									
12:45									
13:00									
14:15		YOGA TRX							
14:30									
14:45									
15:00									
17:00									
17:30	ASHTANGA (mysore)			ASHTANGA (mysore)	YIN YOGA				
18:00									
18:30			YOGA TRX						
18:45									
19:00									
19:15									
19:30	VINYASA	ROCKET YOGA	VINYASA (multinivel)	SLOW FLOW					
19:45									
20:00									
20:15									
20:30									
20:45									
21:00									