



	LU	MA	MI	JU	VI	SA	DO		
6:30		ASHTANGA (MYSORE)	ASHTANGA (MYSORE)	ASHTANGA (CLASE GUIADA/ LED)	ASHTANGA (MYSORE)				
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
9:30						ASHTANGA (MYSORE)			
9:45									
10:00		JIVAMUKTI · RESTORE & RENEW		JIVAMUKTI · OPEN 75'					
10:15									
10:30			SLOW FLOW & TONE						
10:45									
11:00	FUNCTIONAL CONDITIONING							VINYASA YOGA	
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
14:00									
14:15									
14:30			YOGA CONDITIONING	FLOW SCULPT					
14:45									
15:00									
16:15									
16:30									
16:45									
17:00									
17:15									
17:30	ASHTANGA (MYSORE)	ASHTANGA (MYSORE)		ASHTANGA (MYSORE)	FUNCTIONAL CONDITIONING (VIERNES ALTERNOS)				
17:45									
18:00									
18:15									
18:30						YOGA TRX			
18:45									
19:00									YIN YOGA
19:15									
19:30	VINYASA	YOGA CONDITIONING	VINYASA & YOGA NIDRA	SLOW FLOW					
19:45									
20:00									
20:15									
20:30									
20:45									
21:00									