



	LU	MA	MI	JU	VI	SA	DO
6:30		ASHTANGA (MYSORE)		ASHTANGA (MYSORE)			
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30						ASHTANGA (CLASE GUIADA)	
8:45							
9:00							
9:15							
9:30						ASHTANGA (MYSORE)	
9:45							
10:00				VINYASA MULTINIVEL			
10:15							
10:30							
10:45		SLOW FLOW & TONE					
11:00	FUNCTIONAL CONDITIONING						VINYASA YOGA
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
14:00			FLOW SCULPT				
14:15							
14:30							
14:45							
15:00							
16:15							
16:30							
16:45							
17:00							
17:15							
17:30				ASHTANGA (MYSORE)			
17:45					FUNCTIONAL CONDITIONING (VIERNES ALTERNOS)		
18:00							
18:15		ASHTANGA (MYSORE)	YIN YOGA				
18:30	YOGA CONDITIONING						
18:45				YIN YOGA			
19:00							
19:15							
19:30	VINYASA		VINYASA MULTINIVEL	SLOW FLOW			
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							



	LU	MA	MI	JU	VI	SA	DO
6:30		ASHTANGA (MYSORE)	ASHTANGA (MYSORE)	ASHTANGA (MYSORE)	ASHTANGA (CLASE GUIADA)		
6:45							
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10:30							
10:45							
11:00	FUNCTIONAL CONDITIONING	SLOW FLOW & TONE					
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12:00							
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12:30							
12:45							
14:00							
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18:00							
18:15							
18:30	YOGA CONDITIONING	ASHTANGA (MYSORE)	YIN YOGA	ASHTANGA (MYSORE)	FUNCTIONAL CONDITIONING (VIERNES ALTERNOS)		
18:45							
19:00							
19:15							
19:30	VINYASA				YIN YOGA		
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							