

*Classes online LIVE FACEBOOK -INSTAGRAM*



| INICIO | DILLUNS  | DIMARTS                                       | DIMECRES                                    | DIJOUS   | DIVENDRES                                    | DISSABTE                                   |
|--------|--|---|---|--|--|--|
|        | SANT MEDIR ONLINE                                    | SANT MEDIR ONLINE                             | SANT MEDIR ONLINE                           | SANT MEDIR ONLINE                                    | SANT MEDIR ONLINE                            | SANT MEDIR ONLINE                          |
| 10.15  |  |   |   |  |  |  |
| 10.30  | VINYASA<br>Cintia<br>(60')<br>10:30-11:30            | SIVANANDA I<br>Sabine<br>(90')<br>10:30-12:00 | ASTHANGA<br>Yasmina<br>(75')<br>10:30-11:45 | HATHA<br>Yasmina<br>(60')<br>10:30-11:45             | HATHA FLOW<br>Mónica<br>(60')<br>10:30-11:45 | VINYASA<br>Maricha<br>(60')<br>11:00-12:00 |
| 11.00  |  |   |   |  |  |  |
| 11.15  |  |   |   |  |  |  |
| 11.30  |  |   |   |  |  |  |
| 11.45  |  |   |   |  |  |  |
| 12.00  |  |   |   |  |  |  |
| 19.00  |  |   |   |  |  |  |
| 19.15  | HATHA RAJA<br>PRANA<br>Santi<br>(75')<br>19:00-20:15 | VINYASA<br>(60')<br>Dasha<br>19:00-20:00      | VINYASA<br>Cintia<br>(60')<br>1900-20:00    | HATHA RAJA<br>PRANA<br>Santi<br>(75')<br>19:00-20:15 | VINYASA<br>(60')<br>Dasha<br>19:00-20:00     |  |
| 19.30  |  |   |   |  |  |  |
| 19.45  |  |   |   |  |  |  |
| 20.00  |  |   |   |  |  |  |
| 20.15  |  |   |   |  |  |  |

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