

Horario de las sesiones AUDITORIO

YogaOnez

INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9.15	10.15	HATHA I-II Mohnish		SIVANANDA Mohnish				
9:30	10:45					HATHA VINYASA II Mónica		
10:00	11:00		VINYASA I Mónica					
10:00	11:15				IYENGAR II Carla			
11.00	12.00						VINYASA I-II Olga/Stefanie	HATHA I María/Carla
13:00	14:00			KUNDALINI Daniel				
14.15	15.30		HATHA RAJA Sara					
14.15	15.15	POWER Mohnish		VINYASA I-II María	INTRO ASHTANGA Pablo			
17:00	18:00					D-GRAVITY Bikie		
18:15	19:15					INTRO AL YOGA Stephanie		
18:15	19:30		ASHTANGA Pablo					
18:30	19:30	VINYASA I Olga		HATHA I-II Stephanie				
19:00	20:00				YIN YOGA María			
19:40	20:40	HATHA VINYASA María	IYENGAR I Carla	ROCKET Olga				
20:10	21:10				VINYASA I-II Daniel			
20.50	21.50		D-Gravity Bikie					