Horario de las sesiones A partir del 12 de Abril

YogaOne mandri

INICIO	FIN	Lunes	Martes	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9:30	10:20	**Introducción al Yoga** Vladimir	CUL 10 Dani	**ASHTANGA** Daniel	**PILATES** Xavi	**Vinyasa** Gloria		
10:30	11:20	**BODY PUMP** Xavi	**HATHA** Manuel	**CUL 10/ ABDOMINALS** Dani	**HATHA PRANAYAMA I MEDITACIÓ** Nora	**TONIFICA'T** Xavi		
11:30	12:00	**CUL 10** Xavi						
11:30	12:20		**PILATES** Dani				**Vinyasa** Natalia/Manu	**Vinyasa** Paula P
12:30	13:30							
13:15	14:05		**HATHA VINYASA** Gloria					
14:15	15:05	**Vinyasa** Gabriela S.	**D-GRAVITY** Gloria	**Vinyasa** Xochitl	**VINYASA** Barbara	**Dharma** Xochitl		
15:30	16:30							
17:15	18:15	**Iyengar** Vladimir						
17:15	18:05			**PILATES** Vicky				
18:15	19:05				**Sivananda** Andrea N.	**Vinyasa CORE** Gala		
18:15	19:15	**Vinyasa** Jordi						
18:15	19:05			**BODY PUMP** Vicky				
18:30	19:30		**Ashtanga** Manu					
19:15	20:15			**Vinyasa I-II** Gala				
19:10	20:00				**Hatha Vinyasa** Andrea P.			
19:15	20:15	**HATHA VINYASA** Marta				**HATHA VINYASA** Neus		
19:35	20:25		**Restaurativo** Manu					
20:00	20:30				**CUL 10** Carlos			
9:30	9:55	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
10:00	10:25	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
10:30	10:55	**STREAMING**	**SpinDir Virtual**	**STREAMING**	**SpinDir Virtual**	**SpinDir Virtual**		
11:00	11:25	**STREAMING**	**SpinDir Virtual**	**STREAMING**	**SpinDir Virtual**	**STREAMING**		
11:30	12:15	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**		
12:30	13:15	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**		
13:30	13:55	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**SpinDir Virtual**		
14:00	14:25	**STREAMING**		**STREAMING**				
14:30	14:55	**STREAMING**		**STREAMING**				
15:00	15:45	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**		
16:00	16:45	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**	**SpinDir Virtual**		
17:00	17:25	**STREAMING**	**SpinDir Virtual**	**STREAMING**	**SpinDir Virtual**	**SpinDir Virtual**		
17:30	17:55	**STREAMING**	**SpinDir Virtual**	**STREAMING**	**SpinDir Virtual**	**SpinDir Virtual**		
18:00	18:25	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
18:30	18:55	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
19:00	19:45	**SpinDir Virtual**	**SpinDir Presencial**	**SpinDir Virtual**	**SpinDir Presencial**	**SpinDir Virtual**		
19:00	19:25	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
19:30	19:55	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		
20:00	20:25	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**	**STREAMING**		