

## Horario de las sesiones MONCLOA

INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9.15	10.15	<b>HATHA I-II</b> Agata				<b>HATHA VINYASA</b> Carolina		
9.15	10.25			<b>SIVANANDA</b> Natalia				
10.00	11.10				<b>HATHA RAJA</b> Daniel			
10.30	11.30						<b>VINYASA I-II</b> Ana	
11.00	12.00		<b>HATHA I</b> Gabriel					<b>HATHA I-II</b> Carolina
14.15	15.15	<b>HATHA VINYASA</b> Irina	<b>ASHTANGA I</b> Agata	<b>POWER II</b> Irina	<b>VINYASA I-II</b> Jose			
15.45	16.45					<b>YIN YOGA</b> Giselle		
17.00	18.00							
18.15	19.15	<b>ASHTANGA II</b> Daniel	<b>FLOW</b> Jose		<b>ROCKET</b> Laren			
18.30	19.30			<b>VINYASA I</b> Loredana		<b>INTRO ASHTANGA</b> Agata		
19.25	20.25	<b>HATHA I-II</b> Ana	<b>VINYASA I-II</b> Carolina		<b>ALINEACIÓN I-II</b> Loredana			
19.40	20.40			<b>YIN YOGA</b> Giselle				
20.35	21.35	<b>SIVANANDA</b> Natalia	<b>D-GRAVITY</b> Carolina		<b>D-GRAVITY II</b> Belu			

Nivel iniciación	Nivel basico	Nivel intermedio
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