YogaOne

HORARIO
YogaOne Moncloa
Abril 2024

LU	MA	MI	JU	VI	SA	DO
	7:30 - 8:30 **VINYASA I** Edu					
9:15 - 10:15 **HATHA I-II** Nat		9:15 - 10:25 **SIVANANDA** Carlos	9:30 - 10:40 **HATHA RAJA** Marisabel	9:15 - 10:15 **HATHA VINYASA** Juliana P.	10:30 - 11:30 **VINYASA I-II** Juliana P. / Krystel	
	11:15 - 12:15 **YOGA RESTAURATIVO** Sergio				11:45 - 12:45 **HATHA VINYASA** Juliana P. / Krystel	11:00 - 12:00 **HATHA I-II** Nat
14:15 - 15:15 **HATHA VINYASA** Krystel	14:15 - 15:15 **ASHTANGA** Paloma	14:15 - 15:15 **POWER YOGA** Krystel	14:15 - 15:15 **VINYASA I-II** Edu			
				15:45 - 16:45 **YIN YOGA** Giselle		
18:15 - 19:15 **IYENGAR** Sergio	18:15 - 19:15 **VINYASA I-II** Edu	18:15 - 19:15 **HATHA VINYASA** Krystel	18:15 - 19:15 **ROCKET YOGA** Laren	18:30 - 19:30 **POWER YOGA** Krystel		
19:25 - 20:25 **POWER YOGA** Edu	19:25 - 20:25 **HATHA I-II** Edu	19:25 - 20:25 **YIN YOGA** Giselle	19:25 - 20:25 **SLOW VINYASA** Laren			
20:35 - 21:35 **SIVANANDA** Luismi	20:35 - 21:35 **GRAVITY I** Nat	20:35 - 21:35 **INTRO ASHTANGA** Paloma	20:35 - 21:35 **GRAVITY II** Nat			

INTENSIDADES	INTENSIDAD ALTA	INTENSIDAD MEDIA	INTENSIDAD INICIACIÓN