

Horario de las sesiones **NUEVOS MINISTERIOS**

YogaOnez

INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9.15	10.15		HATHA I-II Andrea		SLOW VINYASA Laren	SIVANANDA Mohnish		
10.00	11.00			RESTAURATIVO Chrystiani				
10.00	11.10	IYENGAR Chrystiani						
10.30	11.30						VINYASA I-II Andrea/Mónica	
11.00	12.00							HATHA I-II Mohnish/Laren
14.15	15.15	POWER II Laren	ASHTANGA I Monica	VINYASA I-II Sara	HATHA II Mohnish			
15.30	16.30					YIN YOGA Loredana		
17.00	18.00							
18.15	19.15	VINYASA I-II Andrea				KUNDALINI Liudmila		
18.30	19.45		HATHA ALINEACIÓN Loredana	ROCKET Laren				
19.15	20.15				D-GRAVITY Monica			
19.25	20.25	HATHA I Loredana						
20.00	21.00		POWER II Mohnish	HATHA I-II Andrea				
20.25	21.25				HATHA VINYASA Mónica			
20.35	21.35	D-GRAVITY II Daniela						