YogaOne

HORARIO
YogaOne Sant Andreu
A partir de abril

LU	MA	MI	JU	VI	SA	DO
8:15-9:15 **POWER VINYASA** **Fio**		**8:15-9:15** **POWER HATHA* Emili**				
9:30-11:30 **INTRO AL YOGA** Fio	9:15-10:15 **VINYASA*** Fio	9:15-10:15. **YIN YANG HORMONAL** Patricia O.	9:15-10:15 **HATHA** Manu	9.15-10.15 **KUNDALINI** Leti		
			10:30-11:30 **RESTAURATIU** Manu	10:30-11:30 **RESTAURATIU** Marta N.	10:30-11:30 **HATHA** Alexey	10:30-11:30 **VINYASA.** Mahalakshmi Emma
		11:15-12:15. **YIN YOGA** Arnau			11:45-12:45 **VINYASA*** Fio	
14:15-15:15 **VINYASA.** Alexey	14:15-15:15 **SLOW VINYASA** Marta O.	14:15-15:15. **VINYASA** Marta N	14:15-:15:15 **HATHA** Arnau			
				15:15-16:15 **CORE YOGA** Liza		
17:15-18:15 **HATHA VINYASA** Alexey	17:30-18:30 **RESTAURATIU** Arnau	17:00-18:00 **KUNDALINI** Leti	17:15-18:15 **YOGA KIDS** Catty	17:15-18:15 **INTRO YOGA*** Jael		18:30-19:30 **RESTAURATIU** Alexey
18:30-19:30. **YIN YANG HORMONAL** Patricia O.	18:30-19:30 **ASHTANGA** Arnau	18:15-19:15 **INTRO YOGA** Fio	18:30-19:30 **VINYASA** Catty	18:15-19:15 **SIVANANDA** Mahalakshmi Emma		
19:30-20:25 **VINYASA** Marta T	19:30-20:30 **YIN NIDRA** Marta T.	19:15-20:15 **SLOW VINYASA** Fio	19:30-20:30 **RESTAURATIU** Xavier	19:30-20:30 **D GRAVITY** Catty		
20:30-21:30 **D GRAVITY** Liza			20:30-21:30 **HATHA VINYASA*** Fio			