SalaFIRE

Yoga One tuset

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'							
30'		**ASTHANGA MYSORE** 7.30 a 8.45 h SUZEL		**ASTHANGA MYSORE** 7.30 a 8.45 h SUZEL			
45'							
08.00							
15'							
30'							
45'							
09.00							
15'	**VINYASA** 09.15 a 10.10 h MARI	**VINYASA** 09.15 a 10.10 h MARJO	**VINYASA** 09.15 a 10.10 h CARLOS A	**HATHA** 09.15 a 10.10 h RINO	**HATHA** 09.15 a 10.10 h JORDI		
30'							
45'						**HATHA** 10.15 a 11.10 h rotación	**VINYASA** 10.15 a 11.10 h rotación
10.00							
15'							
30'							
45'							
11.00							
15'	**HATHA** 11.15 a 12.10 h EMMA A.	**HATHA** 11.15 a 12.10 h RINO	**ASTHANGA** 11.30 a 12.30 h EZEQUIEL	**VINYASA** 11.15 a 12.10 h BARBARA		**VINYASA** 11.15 a 12.10 h rotación	**HATHA** 11.15 a 12.10 h rotación
30'							
45'							
12.00				**YIN YOGA** 12.15 a 13.10 h BARBARA			
15'							
30'							
45'							
13.00							
15'		**YIN YOGA** 13.15 a 14.10 h MARJO	**HATHA** 13.15 a 14.10 h BEA				
30'							
45'							
14.00							
15'	**HATHA** 14.15 a 15.10 h BEA	**VINYASA** 14.15 a 15.10 h JORDI	**VINYASA** 14.15 a 15.10 h JULIANA	**HATHA** 14.15 a 15.10 h MARI	**HATHA** 14.15 a 15.10 h PAULA		
30'							
45'							
15.00					**INTRO ASTHANGA** 15.30 a 16.30 h EZEQUIEL		
15'							
30'							
45'							
16.00							
15'							
30'							
45'							
17.00							
15'	**VINYASA** 17.15 a 18.10 h MARGARITA	**VINYASA** 17.15 a 18.10 h MARI	**FORREST YOGA** 17.15 a 18.10 h PATI	**VINYASA** 17.15 a 18.10 h CARLOS A	**VINYASA** 17.15 a 18.10 h PAULA		
30'							
45'							
18.00	**HATHA** 18.15 a 19.10 h EMMA A.	**RESTAURATIVO** 18.15 a 19.10 h EMMA A.	**VINYASA** 18.15 A 19.00 h LOLA	**VINYASA** 18.30 a 19.25 h MARIAN	**HATHA** 18.15 a 19.10 h MARI		
15'							
30'							
45'							
19.00	**ASTHANGA** 19.15 a 20.30 h CONSOL	**HATHA** 19.15 a 20.10 h LOLA	**DHARMA** 19.00 a 20.15 h JORDI	**HATHA** 19:30 a 20.40 h GABRIELA			
15'							
30'							
45'							
20.00		**VINYASA** 20.15 a 21.10 h JENIFER	**HATHA** 20.30 a 21.25 h CONSOL				
15'							
30'							
45'							
21.00							
15'							
30'							
45'							
22.00							

INICIACIÓN
INTERMEDIO
AVANZADO