

## Horario presencial

CLASES EN AULA SATTVA (Carrer Sant Pere Martir 33)

CLASES EN SINCRONIA (Carrer Pere Serafí 7-9)

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:55		Vinyasa		Vinyasa			
08:05		Vinyasa II	Hatha	Vinyasa	Hatha		
09:20	Hatha	Vinyasa II	Hatha	Vinyasa	Hatha		
10:30	Restaurat.	Vinyasa suave	Hatha	Restaurat.	Vinyasa		
14:20		Vinyasa	Vinyasa	Hatha			
16:20					Vinyasa		
17:35	Vinyasa	Hatha	Vinyasa II	Hatha	Vinyasa		
18:50	Vinyasa	Hatha	Vinyasa II	Hatha	Yin Yoga		
20:05	Yin yoga	Hatha	Vinyasa II	Hatha			
08:05						Vinyasa	
09:20						Mindful yoga	
10:30						Vinyasa	Vinyasa
11:45						Vinyasa	Vinyasa
16:15			Hatha				
17:35							Vinyasa
18:45	Vinyasa suave	Vinyasa	Vinyasa	Vinyasa			Nidra
20:00	Vinyasa	Yin Yoga	Yin Yoga	Vinyasa suave			