

Horario de clases



Clases en Sattva (Carrer Sant Pere Martir 33)

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

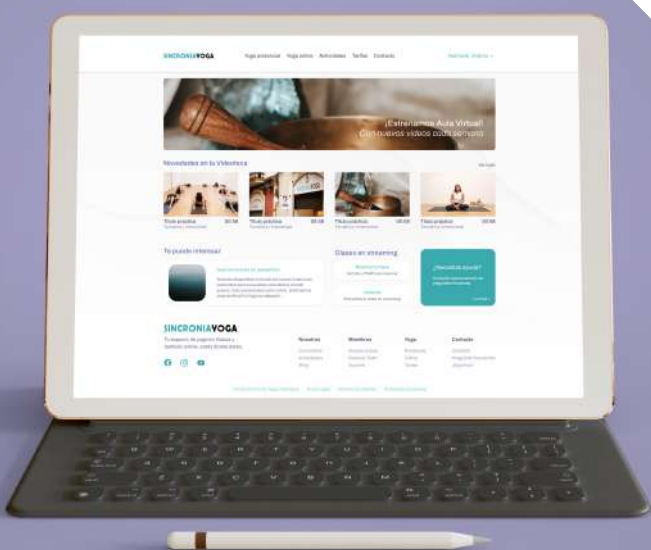
Clases en Sincronia (Carrer Pere Serafi 7)

18:45	Vinyasa	Vinyasa	Vinyasa	Vinyasa			
20:00	Yin Yoga	Vinyasa	Vinyasa				

Suave

Intermedio

Avanzado



SINCRONIA YOGA