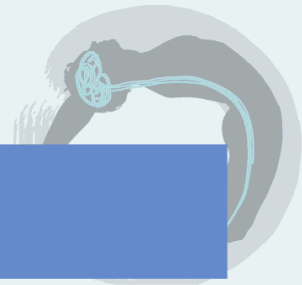


HORARIO DE CLASES



Clases en Sala 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	Vinyasa suave	Vinyasa	Yoga suave	Vinyasa	Vinyasa	Vinyasa
11:45						Vinyasa	Vinyasa
12:45					Restaurat		
14:20		Vinyasa	Vinyasa	Hatha			
16:20	Yoga suave		Vinyasa suave		Vinyasa		
17:35	Vinyasa	Hatha	Vinyasa II	Hatha	Vinyasa		Vinyasa
18:50	Vinyasa suave	Hatha	Vinyasa II	Hatha	Yin Yoga		Vinyasa
20:05	Vinyasa	Restaurat	Yin Yoga	Hatha			

Clases en Sala Sincronia

Carrer Pere Serafí 7

08:05						Meditación -45min-	
09:10						Hatha - Vinyasa -1h 30min-	
11:00						Hatha - Vinyasa -1h 30min-	
18:45	Vinyasa	Vinyasa	Vinyasa	Vinyasa			
20:00	Yin Yoga	Vinyasa	Vinyasa				

Namaste

SINCRONIA YOGA

Nivel suave

Intermedio

Avanzado