

## Horario/Timetable

|       | L / Mon                      | M / Tues       | X / Weds                     | J / Thurs | V / Fri         | S / Sat | D / Sun                    |
|-------|------------------------------|----------------|------------------------------|-----------|-----------------|---------|----------------------------|
| 10:00 |                              | HATHA          | YOGA POOLSIDE                | HATHA     | YOGA AIRE LIBRE | YIN     |                            |
| 11:15 | THERAPEUTIC YOGA TERAPEUTICO |                | THERAPEUTIC YOGA TERAPEUTICO |           |                 |         | KUNDALINI ACTIVATION 11:00 |
| 17:00 |                              |                | INVERSIONS FOR ALL LEVELS    |           |                 |         |                            |
| 18:00 | HATHA                        | YIN            |                              | YIN       |                 |         |                            |
| 19:00 |                              |                | HATHA                        |           |                 |         |                            |
| 19:30 | YIN YANG                     | KUNDALINI YOGA |                              | YIN YANG  |                 |         |                            |

Please book all classes in advance / Por favor, reservar todas las clases con antelación

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