

Horario de clases DICIEMBRE 2016| LA SHALA



Hora	Lun	Mar	Mié	Jue	Vie	Sáb	Dom
9:00		Hatha Raja Yoga Marcos 09.00 - 10.15 (13,20 Dic)					
10:00	Hatha Raja Yoga Marcos 09.30 - 11.00 (5,12,19 Dic)		Yoga 90 min. Bilyana 09.30 - 11.00 (Todo Dic)	Hatha Vinyasa Laura Prieto 09.30 - 10.45 (1,15,22,29 Dic)	Yoga Bilyana 09.30 - 10.45 (2,9,16,30 Dic)	Yoga 90 min. Bilyana 10.00 - 11.30 (3,10,17,31 Dic)	
11:00		Kundalini Yoga Enric 10.30 - 12.00 (13,20,27 Dic)					
12:00	Hatha Raja Yoga Carlos 11.15 - 12.30 (5*,12,19 Dic) *5 Dic la clase será: 12.15 - 13.30		Hatha Raja Yoga Carlos 11.15 - 12.30 (14,21,28 Dic)	Hatha Raja Yoga Marcos 11.00 - 12.30 (1,8,15,29 Dic)	Hatha Raja Yoga Marcos 11.00 - 12.30 (2,9,16,30 Dic)		
13:00			Hatha Raja Yoga Marcos 13.00 - 14.15 (7,14,21 Dic)				
14:00							
15:00		Yoga Dinámico Elisabet 14.15 - 15.45 (13,20,27 Dic)	Vinyasa Flow Valentina - English 14.30 - 15.45 (7,14,21 Dic)	Yoga Dinámico Elisabet 14.15 - 15.45 (1,15,22,29 Dic)			
16:00							
17:00			Yin Yoga Laura Prieto 16.30 - 17.45 (Todo Dic)				
18:00							
19:00	Hatha Raja Yoga Marcos 18.45 - 20.00 (5,12,19 Dic)	Yoga Principiantes Bilyana 18.45 - 20.00 (13,20,27 Dic)	Yoga Bilyana 18.00 - 19.15 (Todo Dic)	Yoga Bilyana 18.45 - 20.00 (Todo Dic) *8 Dic la clase será: 19.00 - 20.30	Vinyasa Multinivel Mari 18.00 - 19.15 (Todo Dic)		
20:00			Hatha Vinyasa Laura Prieto 19.30 - 20.45 (Todo Dic)		Vinyasa Flow Valentina - English 19.30 - 20.45 (Todo Dic)		
21:00	Hatha Vinyasa Laura Prieto 20.15 - 21.30 (12,19 Dic)	Yoga 90 min. Bilyana 20.15 - 21.45 (13,20,27 Dic)	Hatha Raja Yoga Marcos 21.00 - 22.15 (7,14 Dic)	Yoga Principiantes Bilyana 20.15 - 21.30 (1,15,22,29 Dic)			
22:00							