

Horario de clases JUNIO 2017| LA SHALA



Hora	Lun	Mar	Mié	Jue	Vie	Sáb	Dom
9:00		Hatha Raja Yoga Marcos [09.00 - 10.15]					
10:00	Hatha Raja Yoga Marcos [09.30 - 11.00]		Yoga 90 min. Bilyana [09.30 - 11.00]	Morning Vinyasa Flow Danni - English [08.00 - 09.00]	Yoga Bilyana [09.30 - 10.45]	Yoga 90 min. Bilyana [10.00 - 11.30]	
11:00					Hatha Raja Yoga Marcos [11.00 - 12.30]		
12:00							
13:00	Hatha Beginners Gilly - English [13.00 - 14.00]		Hatha Raja Yoga Marcos [13.00 - 14.15]				
14:00	Hatha Flow Gilly - English [14.15 - 15.15]						
15:00			Hatha Raja Yoga Carlos [14.30 - 15.45]		Hatha Raja Yoga Carlos [14.30 - 15.45]		
16:00							
17:00			Yin Yoga Laura Prieto [16.30 - 17.45]				
18:00		Hatha Raja Yoga Marcos [17.15 - 18.30]	Yoga Bilyana [18.00 - 19.15]	Hatha Raja Yoga Marcos [17.15 - 18.30]	Vinyasa Multinivel Mari [18.00 - 19.15]		
19:00	Hatha Raja Yoga Marcos [18.45 - 20.00]	Yoga Principiantes Bilyana [18.45 - 20.00]		Yoga Bilyana [18.45 - 20.00]			
20:00			Hatha Vinyasa Laura Prieto [19.30 - 20.45]		Hatha Raja Yoga Marcos [19.30 - 20.45]		
21:00	Hatha Vinyasa Laura Prieto [20.15 - 21.30]	Yoga 90 min. Bilyana [20.15 - 21.45]		Yoga Principiantes Bilyana [20.15 - 21.30]			
22:00			Hatha Raja Yoga Marcos [21.00 - 22.15]		Acroyoga Andrea & Jerzy [21.00 - 22.30]		