



**lunes**

**martes**

**miércoles**

**jueves**

**viernes**

**sábado**

## horario yoga



**lunes a sábado**  
10.00 h - 21.00 h

		10.30h-12.00h <b>yoga terapéutico</b> ELLEN LIMA		10.30h-12.00h <b>yoga terapéutico</b> ELLEN LIMA	10.00h-11.30h <b>yoga restaurativo</b> DANI FERNÁNDEZ	10.30h-12.00h <b>hatha vinyasa</b> CARLOS FRANCO
12.00h-13.00h <b>hatha vinyasa</b> AINHOA MOLINA			12.00h-13.00h <b>hatha vinyasa</b> SARAH FLORANCE		12.00h-13.00h <b>hatha vinyasa</b> CLOTILDE AMOUROUX	
14.15h-15.15h <b>hatha yoga</b> NAREN HERRERO	14.15h-15.15h <b>pilates</b> CLOTILDE AMOUROUX	14.15h-15.15h <b>hatha vinyasa</b> AINHOA MOLINA	14.15h-15.15h <b>hatha yoga</b> NAREN HERRERO		15.30h-16.30h <b>hatha vinyasa</b> CRISTINA JIMENEZ	
			17.00h-18.15h <b>yoga restaurativo</b> DANI FERNÁNDEZ			
18.45h-20.00h <b>ashtanga</b> SARAH FLORENCE	18.15h-19.45h <b>yoga terapéutico</b> CLAUDIO SAN MARTÍN	18.15h-19.00h <b>meditación guiada</b> DANI FERNÁNDEZ	18.00h-19.30h <b>yoga terapéutico</b> CLAUDIO SAN MARTÍN		19.00h-20.30h <b>hatha vinyasa</b> CARLOS FRANCO	
20.00h-21.15h <b>yin yoga</b> NATSUMI MONTILLA	20.00h-21.00h <b>hatha vinyasa</b> SARA NICOLI	19.30h-21.00h <b>conferencias y talleres de crecimiento personal</b>	19.45h-21.00h <b>hatha vinyasa</b> AINHOA MOLINA			

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