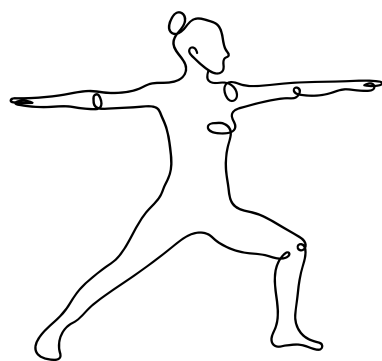


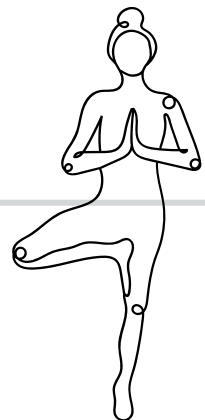
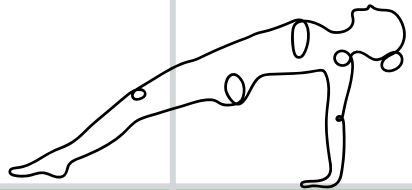
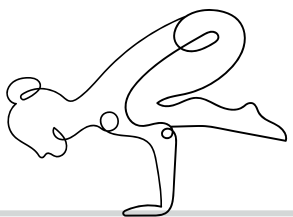


# HORÁRIO



yogashankara



| HORAS          | 2ª FEIRA                                                                            | 3ª FEIRA               | 4ª FEIRA               | 5ª FEIRA                                                                              | 6ª FEIRA                                                                              | SÁBADO        |
|----------------|-------------------------------------------------------------------------------------|------------------------|------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------|
| 10:30<br>12:00 |                                                                                     |                        |                        |  |                                                                                       | Hatha<br>Yoga |
| 11:50<br>12:50 | Hatha<br>Yoga<br>Suave                                                              | Hatha<br>Yoga<br>Suave | Hatha<br>Yoga<br>Suave |                                                                                       | Meditação                                                                             |               |
| 13:00<br>14:00 | Vinyasa<br>Yoga                                                                     | Vinyasa<br>Yoga        | Hatha<br>Yoga          |                                                                                       | Yoga<br>Restaurativo                                                                  |               |
|                |  |                        |                        |                                                                                       |  |               |
| 18:30<br>20:00 | Hatha<br>Yoga                                                                       | Hatha<br>Yoga          | Hatha<br>Yoga          | Hatha<br>Yoga                                                                         |                                                                                       |               |