

SCHEDULE

time/day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07h 30						
08h 30						
09h 30						
10h 30						
11h 30						Hatha Yoga
12h 30	Gentle Hatha Yoga	Gentle Hatha Yoga	Gentle Hatha Yoga		Gentle Hatha Yoga	
13h 30	Vinyasa Yoga	Hatha Yoga	Hatha Yoga		Hatha Yoga	
14h 30						
15h 30						
16h 30						
17h 30		Gentle Hatha Yoga				
18h 30						
19h 30	Vinyasa Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Meditation
20h 30						

