



Grow

Presencial y Online

Lun	Mar	Mié	Jue	Vie
8.30hs Morning Yoga I	7.15hs Early Yoga Mysore 1h 30	sc 8.30hs Yogilates + Hipopresivos	7.15hs Early Yoga Mysore 1h 30	8.30hs Morning Yoga I
	09.00hs Ashtanga I- II		9.00hs Hatha Vinyasa I - II	
	14.15hs Vinyasa Flow	14.15hs Orbital Vinyasa I - II	14.15hs Ashtanga II	
18.15hs Ashtanga II	18.15hs Orbital Vinyasa I - II		sc 18:15 hs Yogilates+ Hipopresivos	
19.30hs Hip Opening Flow I - II	19.30hs Rocket Inspire II	19.30hs Vinyasa Flow I - II	19.30hs Power Yoga	
20.30hs From Power to Yin	sc	20.30hs Hatha- Vinyasa I - II		

10.30hs
Hatha
Vinyasa
(2 al mes)

2 Sábados al mes
Míralo en nuestra
app :)

