



# Grow

Presencial y Online

Lun

Mar

Mié

Jue

Vie

Sáb

8.30hs Morning Yoga I	7.15hs Early Yoga Mysore 1h 30	<span>sc</span> 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		
			<span>sc</span> 10.00hs Meditación (1 hora)		10.30hs Hatha Vinyasa (2 al mes)
14.15hs Hatha Basics 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		18.15hs Power Hatha II	17:15hs New Birds Class I - II	
19.30hs Hip Opening Flow I - II	19.30hs Rocket Inspire II	19.30hs Vinyasa Flow I - II	<span>sc</span> 19.30hs Yogilates+ Hipopresivos		
	<span>sc</span> 20.30hs Meditación (EN- ES)	20.30hs Hatha- Vinyasa I - II			

