



# HORARIO 2018



c/J.S. Bach, L 2C

Albir , Alfas del Pi

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Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
09.00	HATHA YOGA Maria	TAI CHI Carlos	HATHA YOGA Maria	TAI CHI Carlos			PERSONAL TRAINING O SEMINARIOS (YOGA , ARTES MARCIALES, BAILES...) Alquiler de salas y restaurante / Fiestas y cumpleaños/ Empresas
10.00	AERO YOGA Sasha	ASHTANGA- VINYASA YOGA Roberto	YOGA Sasha	HATHA YOGA Rosa	YOGA AVANZADO Sasha	HATHA YOGA Rosa	
11.10	YOGA Sasha	PILATES Diana	ASHTANGA- VINYASA YOGA AVANZADO Roberto	PILATES Diana	PILATES Diana	AERO YOGA AVANZADO Rosa	
12.20		VINYASA YOGA Tania			HATHA YOGA Maria	YOGA AIR reserva	
13.30							
17.30							
18.50	PILATES Diana	AERO YOGA Sasha	PILATES Diana	AERO YOGA Sasha	HATHA YOGA Maria		
20.00	HATHA YOGA Rosa	YOGA Sasha	AERO YOGA Tania	HATHA YOGA Rosa			
21.00							