

LUNES

7.30 am

ILEANA

VINYASA YOGA

9.00 am

VAL FERNÁNDEZ

HATHA YOGA

10.20 am

ANANDA

GOKUL YOGA

6.35 pm

DANY GALARZA

TÉCNICA BAKASANA / CUERVO

8.00 pm

FERNANDA

HATHA FLOW YOGA

MARTES

7:30 am

FERNANDA

ASHTANGA YOGA

8:40 am

JULS

BALANCE YOGA

10:10 am

ILSE MACÍAS

FLEX AND MOBILITY

8:00 pm

KARLA GS

HATHA VINYASA YOGA

MIÉRCOLES

7:30 am

KARLA GS

HATHA VINYASA YOGA

9:00 am

VAL NAHUM

VINYASA YOGA

10:20 am

SAM ERIC

SPLITS AND FLEX

6:35 pm

VAL NAHUM

VINYASA BURN

8:00 pm

DANY GALARZA

DHARMA YOGA

SAFE STUDIO

JUEVES

7:30 am

KARLA GS

ALINEACIÓN EN YOGA

9.00 am

ANANDA

GOKUL YOGA

10:30 am

ILSE MACÍAS

FLEX & MOBILITY

6:35 pm

RENATA

ACROYOGA

8:00 pm

VAL FERNÁNDEZ

HATHA YOGA

VERNES

7.10 am

KARLA CEDILLO

VINYASA YOGA

8.30 am

ANDRIC

ASANAS DRILLS

10.10 am

SAM ERIC

HANDSTAND AND FLEX

11.20 am

FERNANDA

HATHA YOGA

SÁBADO

8.00 am

DANY GALARZA

ASHTANGA VINYASA YOGA

9.20 am

DANY GALARZA

DHARMA YOGA

10.40 am

DANY GALARZA

ASHTANGA VINYASA YOGA