



# HORARIOS 2025 CLASES DE YOGA



LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

SABADO

DOMINGO

6:00 AM  
Salón Shiva

FLOATING  
FLOW  
Alessandro

YOGA FLOW  
Julieta

FLOATING  
FLOW  
Alessandro

YOGA FLOW  
Julieta

YOGA FLOW  
Alessandro

9:00 AM

8:00 AM  
Salón Shiva

YOGA  
BASICS  
Alessandro

HIPOPRESIVOS  
Jaz

YOGA  
BASICS  
Alessandro

HIPOPRESIVOS  
Jaz

YOGA FLOW  
Alessandro

YOGA FLOW  
Rotacion Maestros

8:00 AM  
Salón Baba

PRENATAL  
AIR YOGA  
Isari

YOGA  
PRENATAL  
Isari

YOGA  
PRENATAL  
Isari

FLOATING  
FLOW  
Alessandro

YOGA  
PRENATAL  
Isari

18:00 PM  
Salón Shiva

YOGA FLOW  
Alessandro

YOGA FLOW  
Julieta

YOGA FLOW  
Alessandro

YIN  
YOGA  
Jaz

18:00 PM  
Salón Baba

FLOATING  
FLOW  
Isari

YOGA  
PRENATAL  
Isari

PRENATAL  
AIR YOGA  
Isari

YOGA  
PRENATAL  
Isari

YOGA  
PRENATAL  
Isari

19:30 PM  
Salón Shiva

YIN  
YOGA  
Jaz

YOGA  
BASICS  
Alessandro

YIN  
YOGA  
Jaz / Isari

YOGA  
BASICS  
Alessandro

19:30 PM  
Salón Baba


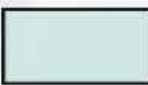

FLOATING  
FLOW  
Alessandro

ANTI-GRAVITY  
THERAPY  
Isari

FLOATING  
FLOW  
Alessandro

ANTI-GRAVITY  
THERAPY  
Isari

## TIPOS DE CLASE DE YOGA

-  Dinamica
-  Pasiva
-  Principiantes
-  Prenatal
-  Restaurativa
-  *Uso del Trapecio*

📞 Más info : 444 580 3333

📍 Himno Nacional 1916 , Tangamanga , SLP