



# HORARIO CLASES REGULARES 2025

|               | Lunes                                   | Martes                                | Miércoles                             | Jueves                             | Viernes                              | Sábado                             | Domingo                        |
|---------------|---|---------------------------------------|---------------------------------------|------------------------------------|--------------------------------------|------------------------------------|--------------------------------|
| 8:00 - 8:30   |   |                                       | Hatha Yoga<br>de 8:00 a 9:15          |                                    | Vinyasa Yoga Flow<br>de 8:00 a 9:15  |                                    |                                |
| 9:00 - 9:30   | Astanga Vinyasa Yoga<br>de 9:30 a 10:30 |                                       |                                       |                                    |                                      |                                    |                                |
| 10:00 - 10:30 |   | Hatha Yoga INI<br>de 10:00 a 11:15    |                                       | Hatha Yoga INI<br>de 10:00 a 11:15 | Hatha Yoga INI<br>de 10:00 a 11:15   | Quincenal                          | Quincenal                      |
| 11:00 - 11:30 |   |                                       |                                       |                                    |                                      | Meditación<br>de 11:00 a 12:15     | Meditación<br>de 11:00 a 12:15 |
| 12:00 - 12:30 |   |                                       | Hatha Yoga INI<br>de 12:00 a 13:15    | Yoga Suave<br>de 12:00 a 13:00     |                                      | Quincenal                          | Quincenal                      |
| 13:00 - 13:30 |   |                                       |                                       |                                    | Yoga Embarazadas<br>de 12:30 a 13:30 |                                    |                                |
| 14:00 - 14:30 |   | Hatha Yoga<br>de 14:00 a 15:00        |                                       | Hatha Yoga<br>de 14:00 a 15:00     |                                      | Hatha Yoga INI<br>de 12:30 a 13:45 | Hatha Yoga<br>de 12:30 a 13:45 |
| 15:00 - 15:30 |   |                                       |                                       |                                    |                                      |                                    |                                |
| 16:00 - 16:30 |   |                                       |                                       |                                    |                                      |                                    |                                |
| 17:00 - 17:30 |   |                                       | Yoga Restaurativo<br>de 17:00 a 18:15 |                                    |                                      |                                    |                                |
| 18:00 - 18:30 | Hatha Yoga INI<br>de 18:30 a 19:30      |                                       |                                       | Hatha Yoga INI<br>de 18:30 a 19:45 |                                      |                                    |                                |
| 19:00 - 19:30 |   | Vinyasa Yoga FLOW<br>de 18:30 a 19:30 |                                       | Hatha Yoga<br>de 19:00 a 20:15     |                                      |                                    |                                |
| 20:00 - 20:30 | Hatha Yoga<br>de 20:00 a 21:15          | Hatha Yoga INI<br>de 20:00 a 21:15    |                                       | Hatha Yoga<br>de 20:00 a 21:15     |                                      |                                    |                                |
| 21:15         |   |                                       |                                       |                                    |                                      |                                    |                                |

**INI: Iniciación**

Se pide venir 5 minutos antes de iniciar la clase.

¡Gracias!

