



ANUTTARA

YOGA SHALA

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|----------------|--|--|--|--|---|-----------------|------------------------|
| 7:00 10:00 | ASHTANGA MYSORE MANU / DANI | ASHTANGA MYSORE MANU / DANI | ASHTANGA MYSORE MANU / DANI | ASHTANGA MYSORE MANU / DANI | ASHTANGA GUIADA 7:00-9:30 MANU / DANI | | |
| 10:15 11:30 | VINYASA MANU | HATHA DANI | VINYASA DANI | RESTAURATIVO GRISEL | SIVANANDA MANU | VINYASA MANU | VINYASA DANI / MANU |
| 11:45 12:45 | YOGA NIDRA Y PRANAYAMA MANU / DANI | YOGA NIDRA Y PRANAYAMA MANU / DANI | YOGA NIDRA Y PRANAYAMA MANU / DANI | YOGA NIDRA Y PRANAYAMA MANU / DANI | YOGA NIDRA Y PRANAYAMA MANU / DANI | | |
| 13:00 14:15 | ASHTANGA DANI | RESTAURATIVO MANU | HATHA GRISEL | ASHTANGA DANI | PILATES MARINA | | |
| 18:00 19:15 | RESTAURATIVO GRISEL | HATHA DANI | HATHA DANI | PILATES MARINA | VINYASA DANI | | |
| 19:30 20:45 | VINYASA MARINA | VINYASA DANI | ASHTANGA DANI | VINYASA MARINA | | | |