



ANUTTARA

	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 7:00-9:00 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 MANU	PILATES MARINA	VINYASA DANI		
19:30 20:45	PILATES MARINA	VINYASA DANI	ASHTANGA MANU	VINYASA MARINA			