

GRADE HORÁRIA ON-LINE

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA
7:00	VINYASA FLOW Yacy Saraiva (75')	HATHA FLOW Mary Yoshida (75')	VINYASA FLOW Yacy Saraiva (75')	HATHA FLOW Mary Yoshida (75')	KUNDALINI YOGA Mary Yoshida (75')
12:15		HATHA YOGA Luis Isique (75')		HATHA YOGA Luis Isique (75')	
18:00		FILOSOFIA DO YOGA Osnir Cugenotta (60')			

	SÁBADO	DOMINGO
10:15	HATHA YOGA Andrea Felice (60')	VINYASA FLOW Mary Yoshida (60')

LEGENDAS

DURAÇÃO

60' 75'



AGENDAR UMA AULA!