

nave calendar

hora	lunes	martes	miércoles	jueves	viernes
08.30 a 10		● hatha yoga	● yoga integral	● power yoga	
10.30 A 12	● power yoga	● hatha yoga		● power yoga	● yoga postural
12.30 A 14	● yoga y embarazo			● yoga postural	● yoga y embarazo
17A 18.30	● yoga integral	● yin yoga	● yoga postural	● yoga postural	● power yoga
19A 20.30	● yoga postural	● antropo- técnica	● yoga postural	● hatha yoga	

● CON
AGUS

● CON
MARIAN

● CON
JULI

● CON
TEF