

Lunes

● **7:00 a 9:00**

ASHTANGA YOGA MYSORE

● **9:00 a 12:00**

ASHTANGA YOGA MYSORE

● **9:30 a 11:00**

POWER YOGA

● **14:00 a 16:00**

ASHTANGA YOGA MYSORE

● **19:00 a 20:30**

YIN YOGA

● **19:00 a 21:00**

ASHTANGA YOGA GUIADA

# Martes

**MYOGA**  
SHALA

● **7:00 a 9:00**

ASHTANGA YOGA MYSORE

● **9:00 a 12:00**

ASHTANGA YOGA MYSORE

● **9:30 a 11:00**

POWER YOGA

● **14:30 a 16:00**

ROCKET YOGA

● **18:00 a 19:00**

ASANA CLINIC

● **19:00 a 20:30**

ROCKET YOGA

● **19:00 a 21:00**

ASHTANGA YOGA MYSORE

# Miércoles

● **7:00 a 9:00**

ASHTANGA YOGA MYSORE

● **9:00 a 12:00**

ASHTANGA YOGA MYSORE

● **9:30 a 11:00**

POWER YOGA

● **14:00 a 16:00**

ASHTANGA YOGA MYSORE

● **18:30 a 20:30**

ASHTANGA YOGA MYSORE

● **19:00 a 20:30**

YIN YOGA

# Jueves

**MYOGA**  
SHALA

● **7:00 a 9:00**

ASHTANGA YOGA MYSORE

● **9:00 a 12:00**

ASHTANGA YOGA MYSORE

● **9:30 a 11:00**

POWER YOGA

● **14:30 a 16:00**

ROCKET YOGA

● **18:00 a 19:00**

ASANA LAB

● **19:00 a 20:30**

ROCKET YOGA

● **19:00 a 21:00**

ASHTANGA YOGA MYSORE

Viernes

MYOGA  
SHALA

● **7:00 a 8:30**

ASHTANGA YOGA GUIADA

● **10:00 A 12:00**

ASHTANGA YOGA GUIADA

● **9:30 a 11:00**

POWER YOGA

● **14:00 a 16:00**

ASHTANGA YOGA GUIADA

● **18:30 a 19:00**

MEDITACIÓN

● **19:00 a 20:30**

ROCKET YOGA

● **19:00 a 21:00**

ASHTANGA YOGA GUIADA

# Sábado y Domingo



● **9:30 a 11:30**

ASHTANGA YOGA MYSORE

● **10:00 A 11:30**

ROCKET YOGA

● **11:30 a 12:00**

PRANAYAMA

● **12:00 a 13:00**

HANDSTAND IN FLOW