

HORARIO

MYOGA

S H A L A

Lunes

MYOGA
SHALA

● 7:00 - 11:00

ASHTANGA

● 14:00 - 16:00

ASHTANGA

● 17:15 - 18:30

ROCKET

● 19:00 - 21:00

FOUNDATION Y MEDITACIÓN

● 19:00 - 20:30

YIN

Martes

MYOGA
SHALA

● 7:00 - 11:00

ASHTANGA

● 14:15 - 16:00

ROCKET

● 19:00 - 21:00

ASHTANGA

● 19:00 - 20:30

ROCKET

Miércoles



● 7:00 - 11:00

ASHTANGA

● 9:30 - 11:00

ROCKET

● 14:00 - 16:00

ASHTANGA

● 18:30 - 20:30

ASHTANGA

● 19:00 - 20:30

YIN

Jueves

MYOGA
SHALA

● 7:00 - 11:00

ASHTANGA

● 14:15 - 16:00

ROCKET

● 19:00 - 21:00

ASHTANGA

● 19:00 - 20:30

ROCKET

Viernes



● 7:00 - 8:30

GUIADA

● 10:00 - 11:30

GUIADA

● 14:00 - 15:30

GUIADA

● 17:30 - 19:00

YIN

● 19:00 - 20:30

GUIADA

● 19:00 - 20:30

ROCKET

Sábado

MYOGA
SHALA

● 9:30 - 11:30

ASHTANGA

● 10:00 - 11:30

ROCKET

● 12:00 - 13:00

HANDSTAND IN FLOW

● 12:00 - 13:00

ASHTANGA KIDS

● 13:00 - 13:30

PRANAYAMA

Domingo

MYOGA
SHALA

● 9:30 - 11:30

ASHTANGA

● 10:00 - 11:30

ROCKET