

Lunes

MYOGA
SHALA

● 7:00 a 9:00

ASHTANGA YOGA MYSORE

● 9:00 a 11v:00

ASHTANGA YOGA MYSORE

● 19:00 a 21:00

ASHTANGA YOGA MYSORE

Martes

MYOGA
SHALA

- 7:00 a 9:00

ASHTANGA YOGA MYSORE

- 9:00 a 11:00

ASHTANGA YOGA MYSORE

- 19:00 a 21:00

ASHTANGA YOGA MYSORE

Miércoles

MYOGA
SHALA

● 7:00 a 9:00

ASHTANGA YOGA MYSORE

● 9:00 a 11:00

ASHTANGA YOGA MYSORE

● 9:30 a 11:00

ROCKET YOGA

● 18:30 a 20:30

ASHTANGA YOGA MYSORE

Jueves

MYOGA
SHALA

● 7:00 a 9:00

ASHTANGA YOGA MYSORE

● 9:00 a 11:00

ASHTANGA YOGA MYSORE

● 19:00 A 20:30

ROCKET YOGA

Viernes

MYOGA
SHALA

● 7:00 a 8:30

ASHTANGA YOGA GUIADA

● 10:00 A 12:00

ASHTANGA YOGA GUIADA

● 17:00 A 19:30

YIN

● 19:00 A 21:30

ASHTANGA YOGA GUIADA

Sábado

MYOGA
SHALA

- 9:30 a 11:30

ASHTANGA YOGA MYSORE

- 12:00 A 13:00

HANDSTAND IN FLOW

Domingo

MYOGA
SHALA

- 9:30 a 11:30

ASHTANGA YOGA MYSORE

- 10:00 a 11:30

ROCKET YOGA