



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	DOMINGO
TMS 6.30-8.45 ASHTANGA	B12 7.00-8.15 ASHTANGA	TMS 6.30-8.30 ASHTANGA (Asistente)	B12 7.00-8.15 ASHTANGA		
EL GONG 9.30-10.45 HATHA		EL GONG 9.30-10.45 HATHA		B12 10.00-11.15 ASHTANGA	
				MOVE 12.00-13.30 ASHTANGA	TMS 11.00-13.00 ASHTANGA
TMS 14.00-16.00 ASHTANGA	MOVE 15.00-16.30 ASHTANGA	TMS 14.00-16.00 ASHTANGA	TMS 14.00-16.00 ASHTANGA	MOVE 14.30-16.00 ASHTANGA	
EIY 18.30-19.30 ASHTANGA		FISIO JAVI 18.00-19.00 YOGA NIÑOS			
	TMS 18.00-21.00 ASHTANGA	TMS 19.30-20.45 ASHTANGA	EIY 19.15-20.30 ASHTANGA	TMS 18.00-20.00 ASHTANGA	
B12 20.15-21.30 ASHTANGA					

TMS: <https://www.themysoreshala.com/>

MOVE: <https://www.movebydorta.com/>

EL GONG: <https://www.elgong.es/>

EIY: <http://www.escueladeyoga.com/>

B12: <http://bikramyogabarquillo.com/>