

# Agenda Yoga Deck

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8.00 AM</b>	○	HATHA YOGA	○	HATHA YOGA	○	○	○
<b>9.00 AM</b>	CIRCUIT TRAINING VICKY	AGUSTÍN	CIRCUIT TRAINING VICKY	AGUSTÍN	CIRCUIT TRAINING SASI	YOGA SHAMAN VIRAGO	DYNAMIC STRETCHING & SOUND BATH
<b>9.00AM</b>	YOGA VINYASA FLOW ADRIANNE	YANG TO YIN ADRIANNE	YOGA VINYASA FLOW ADRIANNE	YANG TO YIN ADRIANNE	YOGA VINYASA FLOW ADRIANNE	○	SASI & LUCIANO
<b>4.00 PM</b>	○	MOBILITY & ENDURANCE FLOW VICKY	○	MOBILITY & ENDURANCE FLOW VICKY	○	○	○
<b>6.00 PM</b>	ACRO YOGA AGUSTÍN	BREATHWORK LUCIANO	ACRO YOGA AGUSTÍN	LATIN RYTHMS FRANCISA & AGUSTÍN	BREATHWORK LUCIANO	CHINESE MEDITATION EUGE & DIANA	AQUA MEDITATION LUCIANO

**MARCH 2024 TO MAY 2024**

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