



Orar	Luni	Marți	Miercuri	Joi	Vineri
07:30 – 09:00		Power Yoga Ana W.		Ashtanga Yoga Angi S.	
08:00 – 09:00	Pilates Ana W.				Pilates Ana W.
09:15 – 10:30	Yin Yoga Ana W.	Hatha Yoga Ana W.	Power Yoga Ana W.		Power Yoga Ana W.
10:30 – 11:30			Port de Bras Ana W.	Hatha Yoga Ana W.	
16:00 – 17:00		Pilates Ana W.		Pilates Ana W.	
16:30 – 17:15			Yoga 4 Kids Ana W.		
17:00 – 18:00	Reiki & Breathing Harry W.				Stretching Alex R.
17:30 – 18:30		Power Yoga Ana W.	Yin Yoga Ana W.	Power Yoga Ana W.	
18:15 – 19:45	Ashtanga Yoga Angi S.				Nutritie Corin G.
18:45 – 20:15		Hatha & Reiki Meditation Ana W.	N.L.P. Class Harry W.	Guided Meditation Harry W.	