



Horarios a partir del 03 de enero

	Lunes		Martes		Miércoles		Jueves		Viernes		Sábado	
Sala	Shiva	Ganesha	Shiva	Ganesha	Shiva	Ganesha	Shiva	Ganesha	Shiva	Ganesha	Shiva	Ganesha
9.30	Hatha Vinyasa Monica (75') 9:30-10:45				Vinyasa Avryl (75') 9:30-10:45				Hatha Vinyasa Monica (75') 9:30-10:45			
9.45			Iyengar Rachele di Fino (75') 9:45-11:00				Iyengar Rachele di Fino (75') 9:45-11:00				Adri Flow Adriano (75') 9:45-11:00	
11.15											Hatha Flow Adriano (75') 11:15-12:30	
17.30												
18.00	Hatha Dasha (75') 18:00-19:15	Ashtanga Avryl (75') 18:00-19:15	Hatha Adriano (75') 18:00-19:15		Vinyasa Dasha (75') 18:00-19:15	Iyengar Rachele di Fino (75') 18:00-19:15	Vinyasa Avryl (75') 18:00-19:15	Yin Yoga Maricha (75') 18:00-19:15	Sculpt Vinyasa /Power Yoga Dasha (75') 18:00-19:15		<p>Sábado de taller! 2 talleres al mes*. (*PLAZAS LIMITADAS) Toda la info la podrás encontrar en la APP, la web e Instagram @flowstudiosq</p>	
19.00									Pilates/Hatha Mònica (75') 19:00-20:15			
19.30	Chakra Vinyasa/ Fusion Flow Dasha (75') 19:30-20:45		Power Yoga Adriano (75') 19:30-20:45	Pranayama y Meditación Eugeni (75') 19:30-20:45	Hatha Flow Restaurativo Dasha (75') 19:30-20:45	Pilates Mònica (75') 19:30-20:45	Ashtanga Avryl (75') 19:30-20:45		Hatha Flow Restaurativo Dasha (75') 19:30-20:45			