



CLASES

YOGA

# HORARIO



|           | MAÑANA                                                       |                                                              | TARDES                                                 |                                                        |                                                        |
|-----------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| LUNES     | 10:00 - 11:00 (60 min.)<br>YOGA TERAPÉUTICO<br>YOLANDA FRISA | 10:00 - 11:00 (60 min.)<br>YOGA TERAPÉUTICO<br>YOLANDA FRISA | 17:00 - 18:30 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ | 18:45 – 20:15 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ | 20:30 - 21:30 (90 min.)<br>YOGA NIDRA*<br>PILAR ARAIZ  |
| MARTES    |                                                              |                                                              | 17:30 - 19:00 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ | 19:30 - 21:00 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ |                                                        |
| MIÉRCOLES | 10:00 - 11:00 (60 min.)<br>YOGA TERAPÉUTICO<br>YOLANDA FRISA | 11:00 - 12:00 (60 min.)<br>YOGA TERAPÉUTICO<br>YOLANDA FRISA | 17:00 - 18:30 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ | 18:45 – 19:45 (90 min.)<br>YOGA NIDRA*<br>PILAR ARAIZ  | 20:00 - 21:30 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ |
| JUEVES    |                                                              |                                                              | 17:30 - 19:00 (90 min.)<br>YOGA IYENGAR<br>PILAR ARAIZ |                                                        |                                                        |
| VIERNES   |                                                              |                                                              |                                                        |                                                        |                                                        |

\*YOGA NIDRA. 2 VECES AL MES – SEMANAS ALTERNAS

[www.yogamajadahonda.com](http://www.yogamajadahonda.com)



916392906

662071611