

YOGA DANCE LOFT
Timetable for 1 hour classes

Yoga ; Dance ; Pilates ; Facial care

	9h00	9h30	10h00	11h00	12h15	13h15	16h00	16h30	17h00	18h00	18h30	19h15	19h30
Monday			Pilates Marta		Facial care Franciane					Hatha Isabelle		Pilates Ankita	
Tuesday			Pilates Marta		Power Fusion Adri					Yin & Yoga Nidra Isabelle			LadyStyle Liga
Wednesday			Pilates Marta						Hatha Isabelle		Zouk dance Alex		
Thursday			Pilates Marta		Power Fusion Adri			Zumba for Kids Ivana		Strong Nation Ivana		Hatha Marta	
Friday										Power Fusion Adri			LadyStyle Liga
Saturday		Vinyasa Sarah		Hatha Sarah	Dance Fitness Jo	Gentle Yoga Jo							
Sunday	Hatha Paulina		Power Fusion Adri	Yoga Therapy Marta						Myofascial Roll & Release Isabelle		Yin & Yoga Nidra Isabelle	

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