



CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	10:00	10:00	10:00	10:00	10:00	
IYENGAR METHOD YOGA Leysan 60 min	MFR Kadriya 90 min	KUNDALINI YOGA Irina 60 min	YOGA THERAPY Kadriya 90 min	POWER YOGA Yana 90 min	YOGA THERAPY Kadriya 60 min	
					11:00	
					MFR Kadriya 60 min	
12:00	12:00	12:00	12:00	12:00		12:00
HEALTHY BACK Lucia 60 min	PILATES Daria 60 мин	AERIAL YOGA Irina 60 min	MFR Kadriya 60 min	HATHA YOGA Anastasia 60 min		MIX YOGA Liliya 60 min
13:00	13:00	13:00	13:00	13:00		13:00
YOGA FOR WOMEN Joana 60 min	STRETCHING Joana 60 min	ASHTANGA YOGA Joana 60 min	STRETCHING Joana 60 min	ASHTANGA YOGA Joana 60 min		AERIAL YOGA Liliya 60 min
	14:00	14:00		14:00		
	ANTI-STRESS YOGA Joana 60 min	YIN YOGA Joana 60 min		YIN YOGA Joana 60 min		
18:00		18:00		16:00		
AERIAL YOGA Irina 60 min		HEALTHY BACK Lucia 60 min		AERIAL YOGA Irina 60 min		
19:00	19:00			18:30		
KUNDALINI YOGA Irina 60 min	CRITICAL ALIGNMENT YOGA Alina 90 min			PILATES Anastasia 60 min		