CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	**10:00**	**10:00**	**10:00**	**10:00**	**10:00**	
POWER YOGA Yana 90 min	**MFR** Kadriya 90 min	**KUNDALINI YOGA** Irina 90 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	**HEALTHY BACK** Lucia 60 min		**MIX YOGA** Liliya 60 min
13:00	**13:00**	**13:00**	**13:00**	**13:00**		**13:00**
FLOW YOGA 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**	**18:00**		**16:00**		
AERIAL YOGA Irina 60 min	**CRITICAL ALIGNMENT YOGA AND THERAPY** Alina 60 min	**HEALTHY BACK** Lucia 60 min		**IYENGAR METHOD YOGA** Leysan 60 min		
19:00	**19:00**					
KUNDALINI YOGA Irina 60 min	**CRITICAL ALIGNMENT YOGA** Alina 90 min					