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| --- | --- | --- | --- | --- | --- |
|  | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
| **10:30** |  | **YOGA** |  | **YOGA** |  |
| **18:00** | [YOGA](http://www.yogasadhana.es/yoga-aereo-unnata/formacion-de-profesores-de-yoga-aereo-unnata/) |  | **YOGA** |  |  |
| **18:15** |  | **YOGA AÉREO UNNATA** |  |  |  |
| **19:15** | **YOGA** |  | **YOGA** |  |  |
| **20:00** |  | **YOGA** |  | **YOGA ASHTANGA** | **YOGA AÉREO UNNATA** |
| **20:30** | **YIN YOGA HAMACA** |  | **MEDITACIÓN** |  |  |
| **21:15** |  | **YOGA** |  | **YOGA** |  |