MONDAY

Zbawiciela	Śniadeckich
9.30 - 10.30 STRENGTH & MOBILITY Przemek	
13.00 - 14.00 LUNCH TIME YOGA Iza	
16.30 - 17.30 ASHTANGA BASICS Kasia G	16.00 - 18.30 MYSORE Darek last entrance 17.30
17.30 - 18.45 HATHA BASICS Aga	
18.45 - 20.00 VINYASA INTENSE Aga	18.30 - 19.45 ASHTANGA INTENSE Darek
20.00 - 21.15 YOGA INTRO COURSE	

TUESDAY

Zbawiciela	Śniadeckich
	6.15- 9.30 MYSORE Przemek last entrance 8.30
7.30 - 8.30 ASHTANGA BASICS Aga	
9.30 - 10.30 VINYASA INTENSE Kinga	
11.00 - 12.15 PRENATAL YOGA Kinga	
16.30 - 17.30 VINYASA SOFT Małgosia	17.00 - 19.00 MYSORE Róża last entrance 18.00
17.30 - 18.45 ASHTANGA INTENSE Iza	
18.45 - 20.00 HATHA & TECHNIQUE Przemek	18.15 - 19.30 ASHTANGA BASICS Małgosia
20.00 - 21.00 HAPPY SPINE Wojtek	19.15 - 20.30 YIN YOGA Róża

WEDNESDAY

Zbawiciela	Śniadeckich
7.00 - 8.00 VINYASA INTENSE Kinga	6.15- 9.30 MYSORE Darek last entrance 8.30
9.30 - 10.30 ASHTANGA BASICS Róża	
13.00 - 14.00 LUNCH TIME YOGA Róża	
16.30- 17.30 HATHA BASICS Kasia L	
17.30 - 18.45 VINYASA KRAMA Kinga	18.00 - 19.30 ASHTANGA FULL PRIMARY Przemek
18.45 - 20.00 ASHTANGA INTENSE Róża	
20.00 - 21.15 YOGA INTRO COURSE	

THURSDAY

Zbawiciela	Śniadeckich
	6.15- 9.30 MYSORE Przemek last entrance 8.30
7.30 - 8.30 ASHTANGA INTENSE Aga	
9.30 - 10.30 VINYASA SOFT Kinga	
11.00 - 12.15 PRENATAL YOGA Iza	
16.30 - 17.30 ASHTANGA BASICS Iza	17.00 - 19.00 MYSORE Róża last entrance 18.00
17.30 - 18.45 STRENGTH & MOBILITY Małgosia	
18.45 - 20.00 VINYASA KRAMA Przemek	18.15 - 19.30 ASHTANGA INTENSE Kinga
20.00 - 21.00 HAPPY SPINE Wojtek	19.15 - 20.30 YIN YOGA Róża

FRIDAY

Zbawiciela	Śniadeckich
7.00 - 8.00 VINYASA KRAMA Kinga	6.15- 9.30 MYSORE Darek last entrance 8.30
9.30 - 10.30 ASHTANGA INTENSE Róża	
13.00 - 14.00 LUNCH TIME YOGA Małgosia	
16.30 - 17.30 HATHA & TECHNIQUE Kasia G	16.00 - 18.30 MYSORE Przemek last entrance 17.30
17.30 - 18.45 VINYASA SOFT Małgosia	
18.45 - 20.00 ASHTANGA & MYSORE Aga	
20.00 - 21.00 YIN & MEDITATION Aga	

SATURDAY

Zbawiciela	Śniadeckich
9.00 - 10.30 ASHTANGA FULL PRIMARY	
10.30 - 11.45 VINYASA INTENSE Aga	
11.45 - 13.15 THEMED CLASSES	
13.15 - 14.30 HATHA BASICS	
17.30-18.45 VINYASA SOFT Kasia G	

SUNDAY

Zbawiciela	Śniadeckich
7.45 - 10.30 MYSORE last entrance 9.30	
10.30 - 11.45 ASHTANGA BASICS	
11.45 - 13.00 VINYASA INTENSE Iza	
13.00 - 14.15 YIN YOGA Iza	
17.30-18.45 ASHTANGA INTENSE Aga	
19.00 - 20.15 VINYASA SOFT Aga	