

YOGA - Schedule

7H00-8H30

9H00-10H30

18H30-20H00

19H00-20H30

SEGUNDA / MONDAY				Yoga Postural <i>c/ Verónica Aurélio</i>
TERÇA / TUESDAY			Align & Flow <i>c/ Berta Couto</i>	
QUARTA / WED.	Yang Vinyasa <i>c/ Berta Couto</i>		Aerial Kurunta <i>c/ Berta Couto</i>	
QUINTA / THURSDAY			YIN Restore <i>c/ Berta Couto</i>	
SEXTA / FRIDAY	Yang Vinyasa <i>c/ Berta Couto</i>			
SÁBADO / SATURDAY		Align & Flow <i>c/ Berta Couto</i>		

NOTE: All classes require a minimum of 3 participants in order to take place. If the number is less than 3, the class will be cancelled and the class fee will be refunded.



DROP-IN: 15€

Experimental: 10€
(Residents only)



MONTHLY MEMBERSHIP:

1x Week : 35€ (4 classes)

2x Week : 50€ (8 classes)

Unlimited classes : 65€



PACK of classes:

Pack 5 classes : 55€
(Valid 2 months)

Pack 10 classes : 90€
(Valid 3 months)