



ARAVINDA YOGA SHALA

HORÁRIOS DE AGOSTO *AUGUST SCHEDULES*

	Segunda <i>Monday</i>	Terça <i>Tuesday</i>	Quarta <i>Wednesday</i>	Quinta <i>Thursday</i>
12:45 – 13:45	Hatha Yoga Dinâmico		Hatha Yoga Dinâmico	
19:00 - 20h00	Ballerina Body	Hatha Yoga Dinâmico	Ballerina Body	Hatha Yoga Dinâmico

Fechamos a 15 de Agosto (feriado) / *We are closed on 15 August (holiday)*

Note for Tourists: classes are led in portuguese. As Yoga works with body language, you are welcome in any class. Just drop in!

Aula experimental ou avulso / *Drop in class:* 15€

