

Weekly ÔM SCHEDULE

MON

7h - Flow Yoga
12h30 - Power Yoga
18h30 - Restorative & healing sound
19h45 - Flow Yoga

TUE

7h - Hatha Yoga
12h30 - Strength Pilates
18h30 - Flow Yoga
19h45 - Strength Pilates

WED

8h - Aerial Yin & Healing Sound
9h-Semi-Priv YinYoga & Thai Massage
12h30 - Hatha Yoga
17h30 - Power Yoga
18H45 - Strength Pilates

THU

7h - Strength Pilates
11h20-Semi-Priv YinYoga & Thai Massage
12h30 - Aerial Yoga
18h30 - Hatha Yoga
19H45 - Flow Yoga

FRI

8h - Yin Yoga and self massage
11h20-Semi-Priv YinYoga & Thai Massage
12h30 - Strength Pilates
17h30 - Flow Yoga
18H45 - Therapy Pilates

SAT

10h - Strength Pilates
11h15 - Flow Yoga

SUN

10h - Therapy Pilates
11h15 - Hatha Yoga

WORKSHOPS

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