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April

Fridays

Dynamic 16:30–17:30

3/4 • Vinyasa Flow
Cinna

10/4 • Vinyasa Flow
Sheila

17/4 • Vinyasa Flow
Alexia

24/4 • Vinyasa Flow
Sheila

Dynamic 18:30–19:30

3/4 • Breathwork & Reiki
Malvina

24/4 • Breathwork & Reiki
Malvina

**Bastu
Session** 21:00–22:00



Saturdays

Dynamic 08:00–09:00

25/4 • Yin Yoga & Sound Healing
Malvina

**Bastu
Session** 09:00–10:00

Dynamic 10:00–11:00

4/4 • Vinyasa Flow
Cinna

11/4 • Vinyasa Flow
Cinna

18/4 • Vinyasa Flow
Alexia

25/4 • Vinyasa Flow
Cinna

Recovery 11:30–13:00

4/4 • Breathwork & Reiki
Malvina

11/4 • Breathwork & Reiki
Malvina

18/4 • Yin Yoga
Alexia

25/4 • Breathwork & Reiki
Malvina

**Bastu
Session** 21:00–22:00

Sundays

**Bastu
Session** 09:00–10:00

Dynamic 10:00–11:00

5/4 • Yin Yoga & Soundhealing
Cinna

12/4 • Vinyasa Flow
Nathalie

19/4 • Vinyasa Flow
Nathalie

26/4 • Vinyasa Flow
Nathalie

Recovery 11:30–13:00

5/4 • Yin Yoga
Nathalie

12/4 • Yin Yoga
Nathalie

19/4 • Yin Yoga
Nathalie

26/4 • Yin Yoga
Nathalie