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November Schedule

Fridays

Dynamic 16:30–17:30

31/10 • Breathwork & Reiki
Malvina

07/11 • Breathwork & Reiki
Malvina

14/11 • Vinyasa Flow
Cinna

21/11 • Yin Yoga
Alexia

28/11 • Vinyasa Flow
Cinna

Saturdays

Dynamic 10:00–11:00

01/11 • X

08/11 • Vinyasa Flow
Sheila

15/11 • Vinyasa Flow
Cinna

22/11 • Vinyasa Flow
Alexia

29/11 • Vinyasa Flow • Alexia

Recovery 11:30–13:00

01/11 • Breathwork & Reiki
Malvina

08/11 • Somatic Movement
Jessica

15/11 • Sound Healing
Cinna

22/11 • Yin Yoga
Alexia

29/11 • Yin Yoga
Alexia

Sundays

Dynamic 10:00–11:00

02/11 • Yoga • Joe

09/11 • Vinyasa Flow • Sheila

16/11 • Vinyasa Flow
Cinna

23/11 • Vinyasa Flow
Alexia

30/11 • Yin Yoga • Cinna

Recovery 11:30–13:00

02/11 • Breathwork & Reiki
Malvina

09/11 • Breathwork & Reiki
Malvina

16/11 • Sound Healing
Cinna

23/11 • Breathwork & Reiki
Malvina

30/11 • Breathwork & Reiki
Malvina