



Yoga Sagara Bratislava Class Schedule

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www.sagara.sk

Latest Update 16 May 2023

Monday Pondelok	Tuesday Utorok	Wednesday Streda	Thursday Stvrtok	Friday Piatok	Saturday Sobota	Sunday Nedelu
Hatha Yoga with Danielka (SK) 7:30am - 8:30am		Morning Power Flow with Danielka (SK) 7:30am - 8:30am				
	Traditional Hatha Yoga with Sujith 8:30am - 9:45am	Aerial Yoga with Sandy 9:30am - 10:30am		Traditional Hatha Yoga with Sandy 8:30am - 9:45am	Morning Hatha Yoga with Sandy 9:00am - 10:15am	
			Traditional Hatha Yoga with Sujith 11:00am - 12:15pm	Aerial Yoga with Sandy 11:00am - 12:00pm		By appointment Private class or Massage
			Aerial Yoga with Sandy 4:30pm - 5:30pm	Hatha Flow Yoga with Sandy 4:30pm - 5:45pm	Aerial Yoga with Sandy 3:00pm - 4:00pm	
Yin & Singing Bowl Relaxation Yoga with Sandy 6:00pm - 7:15pm	Traditional Hatha Yoga with Sujith 6:00pm - 7:15pm		Traditional Hatha Yoga with Sujith 6:00pm - 7:15pm		Traditional Hatha Yoga with Sujith 5:00pm - 6:15pm	
Traditional Hatha Yoga with Sujith 8:00pm - 9:15pm	Aerial Yoga with Sandy 7:45pm - 8:45pm	Traditional Hatha Yoga with Sujith or Sandy 7:45pm - 9:00pm	Five Element Yin Yoga with Danielka (SK) 7:45pm - 9:00pm	Aerial Yoga with Sandy 7:45pm - 8:45pm		

Remarks: (SK) Class will teach in Slovak language