



Yoga Sagara Bratislava Class Schedule

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Booking +421 903 553 022

www.sagara.sk

Monday Pondelok	Tuesday Utorok	Wednesday Streda	Thursday Stvrtok	Friday Piatok	Saturday Sobota	Sunday Nedelu
Mindfulness Yoga with Sandy 9:30am - 10:45am	Traditional Hatha Yoga with Sujith 9:00am - 10:15am	Aerial Yoga with Sandy 9:30am - 10:30am			Morning Flow Class with Sandy 9:00am - 10:15am	
			Traditional Hatha Yoga with Sujith 11:00am - 12:15pm	Aerial Yoga with Sandy 11:00am - 12:00pm		Private class or Massage By appointment
	Aerial Yoga with Sandy 3:00pm - 4:00pm		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 & Relax Yoga with Sandy 6:00pm - 7:15pm	Traditional Hatha Yoga (Intermediate) 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 7:45pm - 9:00pm	Aerial Yoga with Sandy 7:45pm - 8:45pm		

Latest Update 5 November 2022