



Yoga Sagara Bratislava Class Schedule
 4th Floor, Tomasikova 26, Bratislava
 Contact us +421 903 553 022 or +421 904 272 635
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	Indian 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		DAYOFF DEN VOLINA
	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		Hatha Flow Yoga with Sujith 5:00pm - 6:15pm	
Traditional Hatha Yoga with Sujith 8:00pm - 9:15pm		Aerial Yoga with Sandy 7:45pm - 8:45pm	Body & Mind Yoga with Sujith 7:30pm - 8:45pm	Aerial Yoga with Sandy 7:45pm - 8:45pm		