

DATE

Time

MON

TUES

WEDS

THU

FRI

SAT

SUN

8:30 - 9:30

RISE &
FLOW

RISE &
FLOW

RISE &
FLOW

RISE &
FLOW

RISE &
FLOW

10:00 - 11:00

BARAZA
FLOW

BARAZA
FLOW

13:00 - 13:45

MIDDAY
QUICKIE

MIDDAY
QUICKIE

18:00 - 19:00

BARAZA
FLOW

BARAZA
FLOW

BARAZA
FLOW

BARAZA
FLOW

BARAZA
FLOW

19:15 - 20:15

ROCKET
[ALL LEVELS]

Yoga Lisboa
BARAZA