

ALMA MATER  
*Weekly*  
**SCHEDULE**  
YOGA & FITNESS

**QUA / WED**

15€

**8:00 - 9:15 Yoga SĀDHANĀ** with Mukta

15€

**9:30 - 10:45 Power Yoga** with Sara Soldado

15€

**11:15 - 12:30 Hatha Flow** with Michelle Bavaresco

**SEX / FRI**

15€

**9:00 - 10:15 Hatha Flow** with Michelle Bavaresco

15€

**11:00 - 12:15 Yoga SĀDHANĀ** with Mukta

**SAB / SAT**

15€

**9:00 - 10:15 Hatha Flow** with Michelle Bavaresco

**FREE**

15€

**AULA PAGA / PAID CLASS**

Pagamento em numerário,  
diretamente ao professor  
Cash payment  
directly to the teacher

Reserve a sua aula **até às 18h** no  
**Quiosque de Atividades** (WhatsApp +351 961 956 143)

Reserve your class **before 18:00** at the  
**Activities Kiosk** (WhatsApp: +351 961 956 143)