ALMA MATER

Weekly

SCHEDULE

YOGA & FITNESS

SEG / MON	15€	**17:30 - 18:30 Yoga Nidra** with Paul
TER / TUE	15€	**16:30 - 17:30 Capoeira for Families** with Sara Saggin
QUA / WED	15€	**8:00 - 9:15 Yoga SĀDHANĀ** with Mukta
	15€	**9:30 - 10:45 Power Yoga** with Sara Soldado
	15€	**17:30 - 18:30 Yoga Nidra** with Paul
SEX / FRI	15€	**17:30 - 18:30 Yoga Nidra** with Paul
SAB / SAT	15€	**17:30 - 18:30 Yoga Nidra** with Paul
DOM / SUN	15€	**11:30 - 12:30 Capoeira for Families** with Sara Saggin

15€

AULA PAGA / PAID CLASS
Pagamento em numerário,
diretamente ao professor
Cash payment
directly to the teacher

Reserve a sua aula **até às 17h30** no
Quiosque de Atividades (WhatsApp +351 961 956 143)

Reserve your class **before 17:30** at the
Activities Kiosk (WhatsApp: +351 961 956 143)