

grade de horários | Nirvana Gávea

data: 29/3/2010

www.enirvana.com.br

segunda			terça			quarta			quinta			sexta			sábado		
horário	aula	sala	horário	aula	sala	horário	aula	sala	horário	aula	sala	horário	aula	sala	horário	aula	sala
06:30 - 08:20	Astanga Mysore Werneck	3	07:00 - 08:15	Yoga Básico Priya	1	06:30 - 08:20	Astanga Mysore Werneck	3	07:00 - 09:00	Astanga Mysore Fernando Henriques	3	07:00 - 08:30	Vinyasa 1 Edson Ramos	3	09:30 - 11:00	Nirvana Transcendental Fernando Henriques	3
07:00 - 08:30	Vinyasa 1 Edson Ramos	2	07:00 - 09:00	Astanga Mysore Fernando Henriques	3	07:00 - 08:30	Vinyasa 1 Edson Ramos	2	07:00 - 08:15	Yoga Básico Priya	1	07:00 - 09:00	Astanga Mysore Fernando Henriques	2	10:00 - 11:30	Iyengar 1 Sushilla	1
07:15 - 08:45	Iyengar 1 Sushilla	1	07:15 - 08:45	Vinyasa Básico Eduardo Esteves	2	07:15 - 08:45	Iyengar 1 Sushilla	1	07:15 - 08:45	Vinyasa Básico Eduardo Esteves	2	07:15 - 08:45	Iyengar 1 Sushilla	1	10:30 - 11:30	Nirvana Boas Vindas Beth Berardo	2
08:20 - 09:20	Alongamento Cíça Rondinelli	3	08:15 - 09:45	Iyengar 1-2 Shakti	1	08:20 - 09:20	Alongamento Cíça Rondinelli	3	08:45 - 10:15	Vinyasa 1 Edson Ramos	3	08:30 - 10:00	Yoga 1 João Paulo	3	11:00 - 13:00	Astanga Fernando Henriques	3
08:30 - 10:00	Yoga 1 João Paulo	2	08:45 - 10:15	Vinyasa 1 Edson Ramos	3	08:30 - 10:00	Yoga 1 João Paulo	2	08:15 - 09:45	Iyengar 1-2 Shakti	1	08:45 - 10:15	Iyengar 2 Sushilla	1	12:00 - 13:30	Yoga 1 Eduardo Esteves	1
08:45 - 10:15	Iyengar 1-2 Sushilla	1	09:00 - 10:15	Yoga Básico Adriana da Cunha	2	08:45 - 10:15	Iyengar 1-2 Sushilla	1	09:00 - 10:15	Yoga Básico Adriana da Cunha	2	09:30 - 10:30	Mat Pilates c/ bolas Toni Rodrigues	2	13:00 - 14:15	Mat Pilates Toni Rodrigues	3
09:30 - 10:30	Mat Pilates c/ bolas Toni Rodrigues	3	10:00 - 11:00	Treinamento Funcional Mirella Dias	1	09:30 - 10:30	Mat Pilates c/ bolas Toni Rodrigues	3	10:00 - 11:00	Treinamento Funcional Mirella Dias	1	10:15 - 11:15	Pranayama e Meditação Fabrisia Freitas	3	13:30 - 14:45	Nirvana Core Eduardo Esteves	1
10:30 - 11:30	Mat Pilates Toni Rodrigues	3	10:30 - 12:00	Yoga 1 Mahavir (Marcos Thury)	3	10:30 - 11:30	Mat Pilates Toni Rodrigues	3	10:30 - 12:30	Astanga Mysore Thiago Villa Verde	2	10:30 - 12:00	Astanga 1-2 Fernando Henriques	1	17:30 - 19:00	Vinyasa 1	1
10:30 - 11:45	Yoga Básico-1 Paulo di Stasi	2	10:30 - 12:30	Astanga Mysore Thiago Villa Verde	2	10:30 - 11:45	Yoga Básico-1 Paulo di Stasi	2	10:30 - 12:00	Yoga 1 Mahavir (Marcos Thury)	3	10:30 - 11:45	Yoga Básico-1 Paulo di Stasi	2			
10:30 - 12:00	Astanga 1 Fernando Henriques	1	11:00 - 12:15	Iyengar Básico Shakti	1	10:30 - 12:00	Astanga 1 Fernando Henriques	1	11:00 - 12:15	Iyengar Básico Shakti	1	11:40 - 12:50	CPM Beth Berardo	3			
11:40 - 12:50	CPM Beth Berardo	3	12:30 - 14:00	Yoga Gestantes Fabrisia Freitas	2	11:40 - 12:50	CPM Beth Berardo	3	12:40 - 14:10	Iyengar 1 Priya	1	12:30 - 14:00	Iyengar 1-2 Andrea Cristoph	2			
12:30 - 14:00	Iyengar 1-2 Shakti	2	12:40 - 14:10	Iyengar 1 Priya	2	12:30 - 14:00	Iyengar 1-2 Shakti	2	12:30 - 14:00	Yoga Gestantes Fabrisia Freitas	2	12:40 - 14:10	Nirvana Power Edson Ramos	1			
12:40 - 14:10	Nirvana Power Edson Ramos	1	13:30 - 14:30	Yoga 1 Mahavir (Marcos Thury)	3	12:40 - 14:10	Nirvana Power Edson Ramos	3	13:30 - 14:30	Yoga 1 Mahavir (Marcos Thury)	3	15:00 - 16:00	Nirvana Equilíbrio Manuela Berardo	2	domingo		
15:00 - 16:00	Nirvana Equilíbrio Manuela Berardo	2	14:30 - 16:00	Nirvana Core Eduardo Esteves	2	15:00 - 16:00	Nirvana Equilíbrio Manuela Berardo	2	14:30 - 16:00	Nirvana Core Eduardo Esteves	2	16:00 - 17:30	Vinyasa 1 Paula Saboya	3			
16:00 - 17:30	Vinyasa 1 Paula Saboya	3	16:00 - 17:00	Yoga Senior Paulo di Stasi	2	16:00 - 17:30	Vinyasa 1 Paula Saboya	3	16:00 - 17:00	Yoga Senior Paulo di Stasi	2	16:15 - 17:30	Yoga Suave Nando	2	11:30 - 13:30	Yoga Especial Paulo di Stasi	1
16:15 - 17:30	Yoga Suave Nando	1	16:00 - 17:30	Vinyasa 1 Nando	1	16:15 - 17:30	Yoga Suave Nando	1	16:00 - 17:30	Vinyasa 1 Nando	1	16:45 - 18:15	Yoga Básico Mahavir (Marcos Thury)	1	12:00 - 13:30	Nirvana Especial Mirella Dias	3
17:00 - 18:30	Yoga 1 Mahavir (Marcos Thury)	2	17:00 - 18:00	Dança Livre Cíça Rondinelli	3	17:00 - 18:30	Yoga 1 Mahavir (Marcos Thury)	2	17:00 - 18:00	Dança Livre Cíça Rondinelli	3	18:15 - 19:15	Yoga Restaurativo Fabrisia Freitas	1			
17:30 - 19:00	Iyengar 1 Sushilla	1	17:30 - 19:00	Iyengar 1-2 Shakti	2	17:30 - 19:00	Iyengar 1 Sushilla	1	17:30 - 19:00	Iyengar 1-2 Shakti	2	18:30 - 20:00	Yoga 1 Mahavir (Marcos Thury)	3			
18:00 - 19:00	Yoga Kids Antonio Tigre	3	17:30 - 19:20	Astanga Mysore Werneck	1	18:00 - 19:00	Yoga Kids Antonio Tigre	3	17:30 - 19:20	Astanga Mysore Werneck	1	19:00 - 21:00	Astanga Mysore Fernando Henriques	2			
18:30 - 19:50	Vinyasa Básico Nando	2	18:30 - 20:00	Vinyasa 1-2 Paula Saboya	3	18:30 - 19:50	Vinyasa Básico Nando	2	18:30 - 20:00	Vinyasa 1-2 Paula Saboya	3	19:30 - 20:45	Yoga 1 Eduardo Esteves	1			
19:00 - 20:30	Iyengar 1 Antonio Tigre	1	19:10 - 20:40	Iyengar Básico 1 Sushilla	2	19:00 - 20:30	Iyengar 1 Antonio Tigre	1	19:10 - 20:40	Iyengar Básico 1 Sushilla	2	20:45 - 22:15	Vinyasa 1 Eduardo Esteves	1			
19:30 - 21:00	Vinyasa 1-2 Mahavir (Marcos Thury)	3	19:30 - 20:30	Alongamento Patricia Leipnitz	1	19:30 - 21:00	Vinyasa 1-2 Mahavir (Marcos Thury)	3	19:30 - 20:30	Alongamento Patricia Leipnitz	1	21:00 - 21:30	Meditação Fernando Henriques	2			
20:00 - 21:30	Astanga Guiada Werneck	2	20:30 - 22:00	Vinyasa 1-2 Edson Ramos	1	20:00 - 21:30	Astanga Guiada Werneck	2	20:30 - 22:00	Vinyasa 1-2 Edson Ramos	1						
20:30 - 22:00	Yoga 1-2 Antonio Tigre	1	20:30 - 21:30	Yoga com bolas Patricia Leipnitz	3	20:30 - 22:00	Yoga 1-2 Antonio Tigre	1	20:30 - 21:30	Yoga com bolas Patricia Leipnitz	3						
21:00 - 22:00	Yoga 1 Mahavir (Marcos Thury)	3	21:00 - 22:00	Yoga 1 Paula Saboya	2	21:00 - 22:00	Yoga 1 Mahavir (Marcos Thury)	3	21:00 - 22:00	Yoga 1 Paula Saboya	2						
									21:30 - 22:15	Canto com Mantras Lila Shakti	3						