



Dedicate

YOGA & POSTURAL STUDIO

	LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA
10.00						YOGA VINYASA FLOW with Alexandra (90min)
11.00		PILATES with Alexandra	YOGA SESSION with Andreea	PILATES with Alexandra		
18.30			YOGA IYENGAR INSPIRED SESSION with Alexandra (90 min)	ASHTANGA YOGA with Andreea Aradits		
19.00	YOGA FOR SPINE SESSION with Andreea Aradits					
20.00		POSTURAL ALIGNMENT with Tiberiu		POSTURAL ALIGNMENT with Tiberiu		

All classes are of 60 min duration, except those mentioned of 90 min.

We kindly ask you to send us a confirmation for the session you want to attend with at least 2 hrs before.

Many thanks and see you all on the mats,

Dedicate Team