

Yoga and Pilates Timetable

Monday

18:30 Iyengar style Shushan

18:45 Ashtanga Zarine

20:15 Vinyasa Flow Lusine

Thursday

08:30 Vinyasa Flow Lusine

13:00 Ashtanga Zarine

18:30 Iyengar Style Shushan

20:15 Iyengar style Shushan

20:30 Pilates Lucy-Ani

Sunday

11:30 Vinyasa Flow Lusine

Tuesday

08:30 Vinyasa Flow Lusine

13:00 Ashtanga Zarine

17:00 Kids Yoga Lusine

18:30 Vinyasa Flow Lusine

18:30 Iyengar Style Shushan

20:15 Iyengar style Shushan

20:30 Pilates Lucy-Ani

Friday

10:45 Body correction Lucy-Ani

16:45 Iyengar Style Shushan

18:30 Iyengar Style Shushan

Wednesday

10:45 Body correction Lucy-Ani

12:00 Prenatal Yoga Shushan

16:45 Iyengar Style Shushan

18:45 Prenatal Yoga Shushan

18:45 Ashtanga Zarine

20:15 Vinyasa Flow Lusine

Saturday

10:15 Iyengar Style Shushan

12:00 Prenatal Yoga Shushan

13:30 Pilates Lucy-Ani

15:00 Kids Yoga Lusine

17:00 Vinyasa Flow Lusine

18:45 Ashtanga Zarine

-  for beginners
-  for everybody
-  intermediate
-  in english
-  (6-12 age)



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SHOONCH

yoga · pilates · spa

Classes are max
1 hour 15 min

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