# Studio Namaste Yoga

Namaste Yoga

*Grafik od 29 czerwca do 5 lipca 2026 r.*

| | PONIEDZIAŁEK | | WTOREK | | ŚRODA | | CZWARTEK | | PIĄTEK | | SOBOTA | | NIEDZIELA | |
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| | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ | sala POWIETRZE | sala PRZESTRZEŃ |
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| 07:00 | | | | | | | | | | | | | | |
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| 07:30 | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | |
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| 08:30 | | | | | | | | | | | | | | |
| 08:45 | | | | | | | | | | | | | | |
| 09:00 | | | | 9:00 – 10:30 **Joga Łagodna** *Klaudia* | | | | 9:00 – 10:30 **Joga Łagodna** *Aga* | | | 9:00 – 10:30 **Joga na Arenie** Park im. Jana Kasprowicza | | 9:00 – 10:30 **Joga przy Fontannie** Park im. Adama Mickiewicza | |
| 09:15 | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | |
| 09:45 | | | | | | | | | | | | | | |
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| 17:30 | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | |
| 18:00 | | 18:00 - 19:30 **Joga Łagodna** *Ulla* | 18:00 - 19:30 **Vinyasa Dance** *Julita* | 18:00 - 19:30 **Vinyasa Yoga** *Ulla* | 18:00 - 19:30 **Vinyasa Powięziowa** *Aga* | 18:00 - 19:30 **Vinyasa Yoga** *Ulla* | | 18:00 - 19:30 **Vinyasa Yoga** *Ulla* | | 18:00 - 19:30 **Yang&Yin Yoga** *Ulla* | | | | |
| 18:15 | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | |
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| 19:30 | | | | | | | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | |
| 20:00 | | 20:00 - 21:30 **Vinyasa Yoga** *Michał* | | 20:00 - 21:15 **Łagodne Rozciąganie** *Klaudia* | | 20:00 - 21:30 **Joga Łagodna** *Julita* | 20:00 - 21:15 **Air Yoga** *Aneta* | | | | | | | |
| 20:15 | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | | |