

Daily YOGA Classes

Interactive LIVE Streaming – Easy to Access
Professional Teachers Offer Online Classes in
Various Yoga Styles

Times indicated are all Lisbon/ London UK time.



Lisbon Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am/ 8h				5 Element Yoga Becca (75')		8.30h: Mat Pilates Claire (60')	Vinyasa Flow Andrea (75')
10am/ 10h	Alignment Yoga Puck (75')	Sun Salutations & Pranayama Isabel (60')	Hatha Yoga Puck (75')	Hatha & Core Yoga Isabel (75')	Yin & Yang Yoga Puck (75')	Embodiment Flow Yoga Cony (75')	Hatha Yoga Cony (75')
12.30pm/ 12.30h	Gentle Yoga Isabel (75')	Hatha Flow Becca (75')	Yoga Stretch Isabel (75')	Embodiment Flow Yoga Cony (75')	Yoga Stretch Isabel (75')		
4pm/ 16h	QiGong Urbano (70')	Mat Pilates Claire (60')	Tai Chi Urbano (70')				
6pm/ 18h	Ashtanga Yoga Led Primary Series Isabel (90')	Ayurvedic Yoga Andrea (75')	Hatha Yoga Isabel (75')	Ashtanga Yoga Led Primary Series Isabel (90')		Yin Yoga Andrea (75')	Vocal Sound Meditation
8pm/ 20h	Flow into Yin Becca (75')	19h45: Tantra Yoga Cony (75')	Yin Yoga Becca (75')				Updated on 23 March 2020

New online fees as of 21.3.2020:

€33 per month unlimited classes
€10 for 1 class
€32 for 4 classes
€50 for 10 classes

Duration of classes: betw 60 – 90min (')

Detailed infos at inlight.pt/yoga

BANK
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InLight Lagos has been awarded

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THROUGHOUT THE
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