

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★ ROSALBA/SIMONA		9 - 10.15 VINYASA YOGA ★ SIMONA	9 - 10.15 ROCKET YOGA ★★🚀 ROSALBA		9 - 10 VINYASA YOGA ★★
13 - 14 VINYASA YOGA ★★ ROSALBA	13 - 14 VINYASA YOGA ★★ GABRIELLA	13 - 14 ROCKET YOGA ★★🚀 ROSALBA	13 - 14 VINYASA YOGA ★★ GABRIELLA	13 - 14 VINYASA YOGA ★★ ROSALBA/ELENA	DOMENICA
13 - 14 VINYASA YOGA ★ DANIELA B.		13 - 14 VINYASA YOGA ★ SIMONA/DANIELA B.	13 - 14 POWER YOGA ★★ ROSALBA/SIMONA	13 - 14 VINYASA YOGA ★ LAURA	9 - 10 VINYASA YOGA ★★
17-18 YOGA ADOLESCENTI ROSALBA	15 - 16.15 HATHA YOGA PROPS ★★ GABRIELLA	17.30 - 18.30 YOGA GRAVIDANZA LAURA/ROSALBA	17.30 - 18.30 VINYASA YOGA ★ SIMONA	15 - 16 YOGA ORMONALE ★★ SIMONA	
18.30 - 19.30 VINYASA YOGA ★★ DANIELA F.	18.30 - 20 HATHA YOGA PROPS ★★ GABRIELLA	18.30 - 19.30 VINYASA YOGA ★★ LAURA	18.30 - 19.30 RESTORATIVE YOGA ★★ DANIELA B.	16 - 17 YOGA POST-PARTO LAURA	
19.30 - 21 VINYASA YOGA ★★ ROSALBA	19 - 20 VINYASA YOGA ★ DANIELA B.	19.30 - 21 ROCKET YOGA ★★🚀 ROSALBA	19.30 - 21 POWER VINYASA YOGA ★★ MAURO MIGLIORATI (da ottobre)	17.30 - 18.30 VINYASA YOGA ★★ DANIELA F.	
		19.45 - 21 VINYASA YOGA ★ DANIELA F.			