

| LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---|---|--|--|---|-----------------------------------|
| 9 - 10.15 VINYASA YOGA ★★ ROSALBA | | 9 - 10.15 VINYASA YOGA ★ SIMONA | 9 - 10.15 VINYASA YOGA ★★ ROSALBA | | 10 - 11 VINYASA YOGA ★★ |
| 13 - 14 VINYASA YOGA ★★ ★ ROSALBA | 13 - 14 VINYASA YOGA ★★ GABRIELLA | 13 - 14 VINYASA YOGA ★★ ★ ROSALBA | 13 - 14 VINYASA YOGA ★★ GABRIELLA | 13 - 14 VINYASA YOGA ★★ ★ ROSALBA | DOMENICA |
| 13 - 14 VINYASA YOGA ★ DANIELA B. | | 13 - 14 VINYASA YOGA ★ SIMONA/DANIELA B. | | 13 - 14 VINYASA YOGA ★ LAURA | 10 - 11 VINYASA YOGA ★★ |
| | 15 - 16.15 HATHA YOGA PROPS ★★ GABRIELLA | | | 15 - 16 VINYASA YOGA ★★ SIMONA | |
| | | 17.30 - 18.30 YOGA GRAVIDANZA LAURA/ROSALBA | 17.30 - 18.30 VINYASA YOGA ★ SIMONA | 17.30 - 18.30 VINYASA YOGA ★★ DANIELA F. | |
| 18.30 - 19.30 VINYASA YOGA ★★ DANIELA F. | 18.30 - 20 HATHA YOGA PROPS ★★ GABRIELLA | 18.30 - 19.30 VINYASA YOGA ★★ LAURA | | | |
| | 19 - 20 VINYASA YOGA ★ DANIELA B. | | 19 - 20 VINYASA YOGA ★★ DANIELA F. | | |
| 19.30 - 21 VINYASA YOGA ★★ ★ ROSALBA | | 19.30 - 21 VINYASA YOGA ★★ ★ ROSALBA | 19.30 - 21 POWER VINYASA YOGA ★★ ★ DANIELA B./ROSALBA | | |
| | 20 - 21 (DA OTTOBRE) BARRE YOGA CARLA | | | | |