



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★ ROSALBA/SIMONA		7 - 8 PRANAYAMA/MEDITAZIONE RISVEGLIO MUSCOLARE SIMONA 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 DYNAMIC POWER YOGA ★★★ ROSALBA	13 - 14 VINYASA YOGA ★ LAURA	10 - 11 VINYASA YOGA ★★
	15 - 16.15 HATHA YOGA PROPS ★★ GABRIELLA	17 - 18 YOGA KIDS ELENA 17.30 - 18.30 YOGA GRAVIDANZA LAURA/ROSALBA		15 - 16 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	17.30 - 18.30 VINYASA YOGA ★ SIMONA 19 - 20 VINYASA YOGA ★★ ELENA		
19.30 - 21 VINYASA YOGA ★★★ ROSALBA	19 - 20 VINYASA YOGA ★ DANIELA B.	19.30 - 21 VINYASA YOGA ★★★ ROSALBA 19.45 - 21 VINYASA YOGA ★ DANIELA F.	19.30 - 21 POWER VINYASA YOGA ★★★ DANIELA B./ROSALBA		