



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA

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