

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★		9 - 10.15 VINYASA YOGA ★	9 - 10.15 VINYASA YOGA ★★		
13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★ 13 - 14 VINYASA YOGA ★	
19.30 - 21.00 VINYASA YOGA ★★	18.30 - 20.00 VINYASA YOGA ★★	17.30 - 18.30 YOGA IN GRAVIDANZA 19.00 - 20.30 VINYASA YOGA ★★	18.30 - 19.30 VINYASA YOGA ★★		



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA