

| LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---|---|--|--|---|-----------------------------------|
| 9 - 10.15 VINYASA YOGA ★★ ROSALBA | | | 9 - 10.15 VINYASA YOGA ★★ ROSALBA 12 - 13 YOGA GRAVIDANZA 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 | |
| 13 - 14 VINYASA YOGA ★ DANIELA B. | | 13 - 14 VINYASA YOGA ★ ROSSELLA | | 13 - 14 VINYASA YOGA ★ LAURA/DANIELA | |
| | 15 - 16 VINYASA YOGA ★★ GABRIELLA | | | 15 - 16 VINYASA YOGA ★★ GABRIELLA | |
| | 17.30 - 18.30 VINYASA YOGA ★ DANIELA | | | 17.30 - 18.30 VINYASA YOGA ★★ DANIELA B. | |
| 18.30 - 19.30 VINYASA YOGA ★★ DANIELA | 18.30 - 19.45 STILE CLASSICO GABRIELLA | 18.30 - 19.30 VINYASA YOGA ★★ LAURA | 18.30 - 19.30 VINYASA YOGA ★★ DANIELA/GABRIELLA | | |
| 18.30 - 19.20 TEEN YOGA GIOVANI ROSSELLA | 19 - 20 VINYASA YOGA ★ DANIELA | | | | |
| 19.30 - 21 VINYASA YOGA ★★ ROSALBA | 19.45 - 20.45 PILATES ALESSIA | 19.30 - 21 VINYASA YOGA ★★ ROSALBA | 19.30 - 20.30 VINYASA YOGA ★ DANIELA | | |
| | | | 19.45 - 21.00 FULL YOGA ★★ ROSSELLA | | |