

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★		9 - 10.15 VINYASA YOGA ★	9 - 10.15 VINYASA YOGA ★★  11 - 12 YOGA GRAVIDANZA		10 - 11 VINYASA YOGA ★★
13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★	13 - 14 VINYASA YOGA ★★	
	15 - 16 VINYASA YOGA ★★				
	17.30 - 18.30 VINYASA YOGA ★	17.30 - 18.30 YOGA GRAVIDANZA		17.30 - 18.30 VINYASA YOGA ★★	
18.30 - 19.30 VINYASA YOGA ★★	18.30 - 19.30 VINYASA YOGA ★★				
19.30 - 21 VINYASA YOGA ★★ ★	19.45 - 20.45 PILATES ALESSIA	19 - 20 VINYASA YOGA ★★	19 - 20 VINYASA YOGA ★★  19.45 - 21.00 FULL YOGA ★★ ★		