



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★ ROSALBA		9 - 10.15 VINYASA YOGA ★ SIMONA	9 - 10.15 VINYASA YOGA ★★ ROSALBA 11 - 12 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/ROSSELLA	
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 ★★ SIMONA	
	17.30 - 18.30 VINYASA YOGA ★ DANIELA F.	17.30 - 18.30 YOGA GRAVIDANZA ROSALBA/LAURA	17.30 - 18.30 VINYASA YOGA ★ SIMONA	17.30 - 18.30 VINYASA YOGA ★★ DANIELA B.	
18.30 - 19.30 VINYASA YOGA ★★ DANIELA F.	18.30 - 20 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 B.	19.30 - 21 VINYASA YOGA ★★★ ROSALBA	19.30 - 20.30 VINYASA YOGA ★ DANIELA		
19.30 - 21 VINYASA YOGA ★★★ ROSALBA	20 - 21 PILATES ALESSIA		19.45 - 21.00 FULL YOGA ★★★ ROSSELLA		