

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	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 ★
	18.30 - 20.00 VINYASA YOGA ★★	17.30 - 18.30 YOGA GRAVIDANZA		17.30 - 18.30 VINYASA YOGA ★★	
	19.00 - 20.00 VINYASA YOGA ★	19.30 - 20.30 VINYASA YOGA ★★★	19 - 20 VINYASA YOGA ★★		
19.30 - 21 VINYASA YOGA ★★★			19.45 - 21.00 FULL YOGA ★★★		
		★ CLASSE BASE	★ ★ CLASSE INTERMEDIA	★ ★ ★ CLASSE AVANZATA	