

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 - 20.30 VINYASA YOGA ★★★	18.30 - 20.00 VINYASA YOGA ★★ 19.00 - 20.00 VINYASA YOGA ★	17.30 - 18.30 YOGA GRAVIDANZA 19.30 - 20.30 VINYASA YOGA ★★★	19 - 20 VINYASA YOGA ★★ 19.45 - 21.00 FULL YOGA ★★★	17.30 - 18.30 VINYASA YOGA ★★	

★ CLASSE BASE
 ★ ★ CLASSE INTERMEDIA
 ★ ★ ★ CLASSE AVANZATA