

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★		9 - 10.15 VINYASA YOGA ★★	9 - 10.15 VINYASA YOGA ★★		9 - 10 VINYASA YOGA ★★
13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★ 13 - 14 POWER YOGA ★★★	13 - 14 VINYASA YOGA ★★	
18.30 - 19.30 VINYASA YOGA ★★	19.00 - 20.00 VINYASA YOGA ★★	17.30 - 18.30 YOGA IN GRAVIDANZA 19.30 - 20.30 VINYASA YOGA ★★	17.30 - 18.30 VINYASA YOGA ★ 19.00 - 20.00 VINYASA YOGA ★★	15 - 16 VINYASA YOGA ★★	
19.30 - 20.30 VINYASA YOGA ★★					



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA