

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9 - 10.15 VINYASA YOGA ★★ ROSALBA/SIMONA	11 - 12 VINYASA YOGA MULTILIVELLO GABRIELLA	9 - 10.15 VINYASA YOGA ★ SIMONA	9 - 10.15 ROCKET YOGA ★★🚀 ROSALBA/SIMONA		9 - 10.30 VINYASA YOGA ★★ DA OTTOBRE
13 - 14 VINYASA YOGA ★★ ★ ROSALBA	13 - 14 VINYASA YOGA ★★ GABRIELLA	13 - 14 ROCKET YOGA ★★ ★ 🚀 ROSALBA	13 - 14 VINYASA YOGA ★★ GABRIELLA	13 - 14 VINYASA YOGA ★★ ★ GABRIELLA/SIMONA	DOMENICA
13 - 14 VINYASA YOGA ★ DANIELA		13 - 14 VINYASA YOGA ★ DANIELA/SIMONA	13 - 14 POWER YOGA ★★ ★ ROSALBA/SIMONA	13 - 14 VINYASA YOGA ★ DANIELA/SIMONA	9 - 10.30 VINYASA YOGA ★★ DA OTTOBRE
17-18 YOGA ADOLESCENTI ROSALBA	15 - 16.15 HATHA YOGA PROPS ★★ GABRIELLA			15 - 16 YOGA ORMONALE ★★ SIMONA	
18.30 - 19.30 VINYASA YOGA ★★ DANIELA	18.30 - 20 HATHA YOGA PROPS ★★ GABRIELLA	17.30 - 18.30 YOGA GRAVIDANZA LAURA/ROSALBA	17.30 - 18.30 VINYASA YOGA ★ SIMONA		
19.30 - 21 VINYASA YOGA ★★ ★ ROSALBA	19 - 20 VINYASA YOGA ★ SIMONA	18.30 - 19.30 VINYASA YOGA ★★ LAURA	18.30 - 19.30 YIN YANG MANDALA YOGA ★★ DANIELA		
		19.30 - 21 ROCKET YOGA ★★ ★ 🚀 ROSALBA	19.30 - 21 NEW VINYASA YOGA PER LO SPORT ★★ ROBERTA		