

ORARI

LUN MON	7:00 - 8:00	Hatha Vinyasa	ELEONORA
	9:00 - 10:30	Yoga Equilibrio	ZULA
	11:00 - 12:00	Yoga Gravidanza	ZULA
	14:00 - 15:00	Yogalates	ELEONORA
	19:00 - 20:30	Yoga Equilibrio	ZULA

MAR TUE	6:30 - 9:00	Mysore	CAROLINA
	9:00 - 10:30	Yoga + Io	HEIKE
	11:00 - 12:00	Terza Età	SILVIA
	14:00 - 15:00	Vinyasa	SILVIA
	18:00 - 19:00	Yogalates	ELEONORA
	19:00 - 20:30	Yoga Ascolto	FIGORELLA

MER WED	9:00 - 10:00	Yoga & Respiro	PAOLO
	11:00 - 12:00	Yoga & Respiro	PAOLO
	14:00 - 15:00	Yogalates	ELEONORA
	17:30 - 19:30	Mysore	CAROLINA
	20:15 - 21:15	Yoga & Respiro	PAOLO

GIO THU	6:30 - 9:00	Mysore	CAROLINA
	9:00 - 10:30	Yoga + Io	HEIKE
	11:00 - 12:00	Terza Età	SILVIA
	14:00 - 15:00	Vinyasa	SILVIA
	16:30 - 18:00	Yoga a testa in giù	ELEONORA
	18:00 - 19:00	Yogalates	ELEONORA

VEN FRI	7:00 - 8:00	Hatha Vinyasa	ELEONORA
	9:00 - 10:00	Yoga & Respiro	PAOLO
	11:00 - 12:00	Yoga & Respiro	PAOLO
	14:00 - 15:00	Yoga + Io	HEIKE
	19:00 - 20:30	Yoga Ascolto	FIGORELLA

SAB SAT	8:00 - 9:30	Ashtanga Guidata	CAROLINA
	10:00 - 11:30	Yoga Equilibrio	ZULA
	18:00 - 19:30	Yoga & Respiro	PAOLO

DOM SUN	9:30 - 11:00	Yoga + Io	HEIKE
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