

# ORARI

<b>LUN</b> MON	7:00 - 8:00	Yoga Posturale	ELEONORA
	9:00 - 10:00	Yogalates	ELEONORA
	13:30 - 14:30	Yogalates	ELEONORA
	19:00 - 20:00	Yoga Equilibrio	ZULA

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<b>MAR</b> TUE	6:30 - 9:00	Mysore	KATIA
	9:00 - 10:30	Yoga + Io	HEIKE
	11:00 - 12:00	Terza Età	SILVIA
	14:00 - 15:00	Yoga & Respiro	PAOLO
	18:00 - 19:00	Yogalates	ELEONORA
	19:00 - 20:30	Yoga Ascolto	FIGRELLA

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<b>MER</b> WED	9:00 - 10:00	Yoga & Respiro	PAOLO
	11:00 - 12:00	Yoga & Respiro	PAOLO
	13:30 - 14:30	Yogalates	ELEONORA
	17:30 - 19:30	Mysore	KATIA
	20:15 - 21:15	Yoga & Respiro	PAOLO

<b>GIO</b> THU	6:30 - 9:00	Mysore	KATIA
	9:00 - 10:30	Yoga + Io	HEIKE
	11:00 - 12:00	Terza Età	SILVIA
	14:00 - 15:00	Yoga & Respiro	PAOLO
	17:00 - 18:30	Yoga a testa in giù	ELEONORA
	18:30 - 19:30	Yogalates	ELEONORA

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<b>VEN</b> FRI	7:00 - 8:00	Yoga Posturale	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	FIGRELLA

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<b>SAB</b> SAT	8:00 - 9:30	Ashtanga Guidata	KATIA
	10:00 - 11:30	Yoga Equilibrio	ZULA
	18:00 - 19:30	Yoga & Respiro	PAOLO

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<b>DOM</b> SUN	9:30 - 11:00	Yoga + Io	HEIKE
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