

# ORARI

*dal 14 settembre*

|            |               |                  |                     |            |               |                  |                     |
|------------|---------------|------------------|---------------------|------------|---------------|------------------|---------------------|
| LUN<br>MON | 9:00 - 10:00  | Pilates          | ELEONORA            | GIO<br>THU | 6:30 - 8:45   | Ashtanga Mysore  | LORELLA             |
|            | 10:30 - 11:30 | Yoga+lo          | ALESSIA/<br>DANIELA |            | 9:00 - 10:30  | Yoga +lo         | HEIKE               |
|            | 17:30 - 19:45 | Ashtanga Mysore  | LORELLA             |            | 18:30 - 19:30 | Pilates          | ELEONORA            |
|            | 20:15 -21:15  | Yoga+lo          | HEIKE               |            | 20:00 - 21:00 | Yoga +lo         | ALESSIA/<br>DANIELA |
|            |               |                  |                     |            |               |                  |                     |
| MAR<br>TUE | 9:00 - 10:00  | Vinyasa          | SILVIA              | VEN<br>FRI | 8:00 - 9:00   | Vinyasa          | SILVIA              |
|            | 10:30 - 11:30 | Yoga Terza Età   | SILVIA              |            | 9:00 - 10:00  | Yoga +lo         | PAOLO               |
|            | 18:00 - 19:00 | Pilates          | ELEONORA            |            | 10:30 - 11:30 | Yoga Terza Età   | SILVIA              |
|            | 19:00 - 20:30 | Yoga+lo          | IORELLA             |            | 18:00 - 19:30 | Yoga + lo        | IORELLA             |
|            |               |                  |                     |            | 19:30 - 20:30 | Yin Yoga         | IORELLA             |
| MER<br>WED | 9:00 - 10:00  | Yoga+lo          | PAOLO               | SAB<br>SAT | 8:00 - 9:45   | Ashtanga Guidata | LORELLA             |
|            | 10:30 - 11:30 | Pilates          | ELEONORA            |            | 10:00 - 11:30 | Yoga +lo         | ZULA                |
|            | 16:30 - 17:30 | Yoga per Bambini | EMANUELA            |            | 18:00 - 19:00 | Yoga +lo         | PAOLO               |
|            | 17:30 - 19:45 | Ashtanga Mysore  | LORELLA             |            |               |                  |                     |
|            | 20:00 - 21:00 | Yoga+lo          | PAOLO               |            | DOM<br>SUN    | 9:00 - 10:30     | Yoga + lo           |