

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:00 - 8:00 HATHA RAJA VINYASA KRAMA Solo Online	New 9:00 - 10:15 HATHA RAJA VINYASA KRAMA	7:00 - 8:00 HATHA RAJA VINYASA KRAMA Solo Online	9:00 - 10:15 HATHA YOGA		9:00 - 10:15 HATHA YOGA
9:00 - 10:15 HATHA YOGA		9:00 - 10:15 GINNASTICA YOGA SENIOR	10:30 - 11:45 HATHA YOGA		10:30 - 11:30 RESTORATIVE
NEW 13:00 - 14:00 PILATES MATWORK		13:00 - 14:15 HATHA YOGA			15:00 - 16:15 VINYASA A rotazione A Scuola e Online
					
18:15 - 19:30 HATHA YOGA	18:15 - 19:30 VINYASA YOGA Principiante/ Intermedio	18:00 - 19:15 YOGA POSTURALE	18:15 - 19:30 HATHA YOGA	18:00 - 19:15 INTRO ASHTANGA	
19:45 - 21:00 HATHA YOGA	19:45 - 21:15 ASHTANGA YOGA Intermedio/Avanzato	19:30 - 20:45 INTRO ASTHANGA	19:45 - 21:00 HATHA YOGA	19:30 - 20:45 VINYASA YOGA Intermedio/Avanzato A Scuola e Online	