

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
● 10:30 - 11:30 YIN YANG YOGA	● 9:30 - 10:30 YOGA TERAPEUTICO	● 10:30 - 11:30 YIN YANG YOGA	● 9:30 - 10:30 YOGA TERAPEUTICO		● 11:00 - 12:15 LABORATORIO DI YOGA
● 13:00 - 14:15 ASHTANGA VINYASA YOGA		● 13:15 - 14:15 YOGA TERAPEUTICO		● 13:00 - 14:15 ASHTANGA VINYASA YOGA	● 15:00 - 16:00 YOGA E MITI
● 13:20 - 14:20 VINYASA YOGA		● 13:20 - 14:20 VINYASA YOGA			
● 18:00 - 19:00 YIN YOGA	● 18:00 - 19:00 ODAKA YOGA	● 18:00 - 19:00 YIN YANG YOGA	● 18:00 - 19:00 ODAKA YOGA	● 18:30 - 19:45 VINYASA YOGA	
● 19:00 - 20:00 YIN YOGA	● 19:00 - 20:00 HATHA YOGA	● 19:00 - 20:00 YIN YOGA	● 19:00 - 20:00 HATHA YOGA		
	19:15 - 19:45 MEDITAZIONE	19:00 - 19:30 MEDITAZIONE	19:15 - 19:45 MEDITAZIONE		
	● 20:15 - 21:15 HATHA YOGA		● 20:15 - 21:15 HATHA YOGA		

●	BIANCA
●	FRANCESCA
○	MELANIA
●	SILVIA