

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
		9 - 10.15 VINYASA YOGA ★★	9 - 10.15 VINYASA YOGA ★★		
13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	13 - 14 VINYASA YOGA ★★	
		17.30 - 18.30 YOGA IN GRAVIDANZA	17.30 - 18.30 VINYASA YOGA ★		
19.30 - 20.30 VINYASA YOGA ★★	19.00 - 20.00 VINYASA YOGA ★★	19.30 - 20.30 VINYASA YOGA ★★	19.00 - 20.00 VINYASA YOGA ★★		



CLASSE BASE



CLASSE INTERMEDIA



CLASSE AVANZATA