

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.30 - 10.30 Yoga Posturale			9.30 - 10.30 Yoga Posturale	7.30 - 8.30 Yoga Base	9.00 - 10.00 Prenatal Yoga
9.30 - 10.30 Feldenkrais			12.00 - 13.00 Prenatal Yoga		10.00 - 11.00 Yoga Post Parto
17.30 - 18.20 Yoga Base	17.15 - 18.15 Organic Workout	17.30 - 18.30 Yoga Base	16.30 - 17.20 Teatrodanza Kids	17.30 - 18.30 Yoga Base	11.00 - 12.00 Yoga Base
17.30 - 18.30 Pilates*	17.30 - 18.30 Bodyflyng Pilates*	17.30 - 18.30 Pilates*	17.30 - 18.30 Bodyflyng Pilates*	17.30 - 18.30 Pilates*	<b>BE</b>
18.30 - 19.30 Pilates Base*	18.20 - 19.20 Feldenkrais	18.30 - 19.30 Pilates Base*	17.30 - 18.30 Organic Workout	18.30 - 19.30 Pilates Base*	<b>YOUR</b>
18.30 - 19.30 Yoga Base	18.45 - 20.00 Yoga Jam	18.45 - 19.45 Yin Yoga	18.45 - 20.00 Yoga Jam	18.45 - 19.45 Aeroyoga*	<b>BEST!</b>
19.30 - 20.30 Funzionale	19.30 - 20.30 Floorwork Base*	20.00 - 21.00 Aeroyoga*	18.45 - 19.45 Funzionale	<b>2024</b> <b>CALENDARIO</b> <b>2025</b>	
20.00 - 21.00 Aeroyoga*	20.30 - 22.00 Floorwork*	20.00 - 21.30 Mindfulness	20.30 - 22.00 PerForming Lab		

\*CLASSI con prenotazione necessaria