# CALENDARIO RYOGA SALLUSTIANO

## LUNEDI

- 7:45-8:45 **Early Rise** Sarah
- 8:00-9:00 **Pilates Matwork** Karin
- 9:15-10:15 **Hatha** Sarah
- 09:00-10:15 **Vinyasa Flow** Selim
- 10:30-11:45 **Vinyasa Flow** Madeira
- 12:00-13:00 **Barre** Heloise
- 12:00-13:00 **Postural Pilates Matwork** Antonella
- 13:15-14:15 **Pilates Matwork liv.2** Heloise
- 13:15-14:30 **Ashtanga** Samuela
- 13:30-14:30 **Pilates Matwork** Antonella
- 16:15-17:15 **Vinyasa Flow** Alexandru
- 17:30-18:30 **Barre** Alexandru
- 18:15-19:15 **Pilates Matwork** Camilla
- 18:30-19:30 **Power Mat** Alexandru
- 18:15-19:30 **Iyengar** Mayumi
- 19:30-20:30 **Hatha** Matteo
- 19:45-21:00 **Power Vinyasa** Alessandro
- 19:45-21:00 **Hatha Flow** Benedetta P.

## MARTEDI

- 7:45-8:45 **Pilates Sculpt** Clotilde
- 8:00-9:00 **Pilates Matwork** Vanessa
- 9:00-10:15 **Rocket Yoga** Clotilde
- 9:15-10:30 **Iyengar** Mayumi
- 10:30-11:45 **Hatha Flow** Francesco P.
- 12:00-13:00 **Postural Yoga** Stefano
- 13:15-14:15 **Dynamic Mat Training** Lavinia
- 13:30-14:30 **JM Vinyasa** Simona
- 17:15-18:15 **Barre** Vanessa
- 18:15-19:15 **Pilates Matwork** Stefano
- 18:30-19:30 **Hatha** Francesco P.
- 19:00-20:15 **Vinyasa Flow** Selim
- 19:30-20:45 **Candle Light Hatha** Chiara
- 19:45-20:45 **Mat Workout** Stefano

## MERCOLEDI

- 7:45-8:45 **Mat Workout** Stefano
- 7:45-8:45 **Early Rise** Sarah
- 8:00-9:00 **Pilates Matwork** Karin
- 09:00-10:15 **Vinyasa Flow** Selim
- 9:15-10:15 **Hatha** Sarah
- 10:30-11:45 **Vinyasa Flow** Madeira
- 12:00-13:00 **Pilates Matwork** Heloise
- 13:15-14:15 **Barre** Heloise
- 13:15-14:30 **Ashtanga Mysore** Samuela
- 13:30-14:30 **Pilates Matwork** Antonella
- 17:15-18:15 **Power Mat** Camilla
- 18:15-19:15 **Pilates Matwork** Camilla
- 18:30-19:30 **Hot yin** Benedetta P.
- 18:15-19:30 **Iyengar** Mayumi
- 19:30-20:30 **Sound Hatha** Federica
- 19:45-21:00 **Power Vinyasa** Alessandro
- 19:45-21:00 **Hatha Flow** Benedetta P.

## GIOVEDI

- 7:45-8:45 **Pilates Sculpt** Clotilde
- 8:00-9:00 **Pilates Matwork** Vanessa
- 9:00-10:15 **Rocket Yoga** Clotilde
- 9:15-10:30 **Iyengar** Mayumi
- 10:30-11:45 **Hatha Flow** Francesco P.
- 12:00-13:00 **Postural Yoga** Stefano
- 13:15-14:15 **Dynamic Mat Training** Lavinia
- 13:30-14:30 **JM Vinyasa** Simona
- 17:15-18:15 **Restorative Meditation** Sarah
- 18:15-19:15 **Pilates Matwork** Stefano
- 18:30-19:30 **Hatha** Francesco P.
- 19:00-20:15 **Vinyasa Flow** Selim
- 19:30-20:45 **Candle Light Hatha** Chiara
- 19:45-20:45 **Mat Workout** Stefano

## VENERDI

- 7:45-8:45 **Mat Workout** Stefano
- 8:00-9:00 **Pilates Matwork** Karin
- 9:00-10:15 **Iyengar** Ena
- 9:15-10:15 **Power Mat** Alessandro
- 10:30-11:45 **Power Vinyasa** Alessandro
- 12:00-13:00 **Barre** Heloise
- 13:15-14:15 **Pilates Matwork liv.2** Heloise
- 13:15-14:30 **Ashtanga** Giada
- 17:30-18:30 **Barre** Alexandru
- 18:00-19:00 **Restorative** Madeira
- 18:45-19:45 **Power Mat** Alexandru
- 19:00-20:00 **Hatha** Caterina
- 19:15-20:15 **Vinyasa Flow** Madeira

## SABATO

- 9:15-10:15 **Barre** Vanessa
- 9:45-10:45 **Pilates Matwork** Chiara C.
- 10:30-11:45 **JM Vinyasa** Federico
- 11:00-12:00 **Introduzione allo Yoga** Chiara
- 12:00-13:30 **Ashtanga** Maura Samuela Giada
- 12:15-13:15 **Yin** Chiara
- 15:00-16:15 **Vinyasa Flow** Selim

Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.