CALENDARIO RYOGA TRASTEVERE

LUNEDI

8:15-9:15 **Iyengar** Mayumi

9:30-10:30 **Pilates Matwork** Stefano

10:45-12:00 **Odaka** Camilla

12:05-13:05 **Barre** Camilla

13:15-14:30 **Vinyasa Flow** Madeira

16:45-18:00 **Power Vinyasa** Alessandro

17:00-18:00 **Barre** Francesca F.

18:00-19:30 **Ashtanga** Maura

18:15-19:15 **Hatha** Francesca F.

19:30-20:30 **Pilates Matwork** Simona P.

19:45-21:00 **Shastra Flow** Damiano

12:15-13:30 **Advanced Power Vinyasa** Giorgia

18:30-19:30 **Meditazione** Damiano

19:45-20:45 **Restorative& Myofascial** Madeira

MARTEDI

8:15-9:15 **Iyengar** Anita

8:30-10:00 **Ashtanga** Maura

9:30-10:30 **Hatha** Nike

10:45-11:45 **Hatha Flow** Madeira

12:00-13:00 **HIIT** Eleonora

13:30-14:30 **Mat Workout** Stefano

17:00-18:00 **Power Mat** Camilla

17:15-18:15 **Hatha** Matteo

18:15-19:15 **Circuit Pilates** Eleonora

18:30-19:45 **Vinyasa Flow** Benedetta P.

19:30-20:30 **Barre** Camilla

20:00-21:00 **Hot Yin** Benedetta P.

12:00-13:15 **Iyengar** Ena

14:00-15:15 **Iyengar liv.2** Ena

18:00-19:15 **Iyengar** Anita

MERCOLEDI

8:15-9:15 **Hatha** Matteo

9:30-10:30 **Pilates Matwork** Stefano

10:45-12:00 **JM Vinyasa** Federico

12:05-13:05 **Yoga Postural** Stefano

13:15-14:30 **Vinyasa Flow** Madeira

16:45-17:45 **Ballet Sculpt** Alexandru

16:45-18:00 **Power Vinyasa** Alessandro

18:00-19:30 **Ashtanga** Maura

18:15-19:15 **Hatha** Chiara

19:30-20:30 **Pilates Matwork** Simona P.

19:45-21:00 **Shastra Flow** Damiano

12:15-13:30 **Advanced Power Vinyasa** Giorgia

18:30-19:45 **Iyengar liv.2** Ena

GIOVEDI

8:15-9:15 **Iyengar** Anita

8:30-10:00 **Ashtanga** Maura

9:30-10:30 **Hatha** Nike

10:45-11:45 **Hatha Flow** Madeira

12:00-13:00 **HIIT** Eleonora

13:30-14:30 **Mat Workout** Stefano

17:00-18:00 **Power Mat** Camilla

17:15-18:15 **Hatha** Matteo

18:15-19:15 **Circuit Pilates** Eleonora

18:30-19:45 **Vinyasa Flow** Benedetta P.

19:30-20:30 **Barre** Camilla

20:00-21:00 **Hot Yin & Somatic** Benedetta P.

12:00-13:15 **Iyengar** Ena

14:00-15:15 **Iyengar liv.2** Ena

18:00-19:15 **Iyengar** Anita

VENERDI

8:15-9:15 **Iyengar** Mayumi

9:30-10:30 **Pilates Matwork** Antonella

10:45-12:00 **JM Vinyasa** Federico

12:05-13:05 **Barre** Camilla

13:15-14:30 **Vinyasa Flow** Madeira

15:30-16:30 **Ballet Sculpt** Alexandru

17:00-18:00 **Odaka** Camilla

17:00-18:00 **Barre** Francesca F.

18:15-19:15 **Hatha Flow** Francesca F.

19:30-20:45 **Rocket Yoga** Giorgia

19:30-20:30 **Pilates Matwork** Simona P.

18:30-19:45 **Iyengar liv.2** Ena

SABATO

10:00-11:00 **Hatha Flow** Stefano

11:15-12:15 **Barre** Vanessa

12:30-13:30 **Pilates Matwork** Vanessa

14:00-15:00 **Aerial Yoga** Federica

15:15-16:15 **Sound Yin** Federica

16:30-17:45 **Hatha** Matteo

DOMENICA

10:00-11:00 **Synergy Flow** Deborah

ENG

11:15-12:00 **ASHA** Parisa

12:15-13:15 **Sunday Surprise Classe a rotazione**

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