CALENDARIO RYOGA SALLUSTIANO

LUNEDI

- 8:00-9:00 Pilates Matwork — Karin
- 7:45-8:45 Early Rise — Sarah
- 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

- 8:00-9:00 Pilates Matwork — Karin
- 7:45-8:45 Mat Workout — Stefano
- 7:45-8:45 Early Rise — Sarah
- 9:00-10:15 Iyengar — Fabiola
- 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

- 8:00-9:00 Pilates Matwork — Vanessa
- 7:45-8:45 Pilates Sculpt — Clotilde
- 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

- 8:00-9:00 Pilates Matwork — Karin
- 7:45-8:45 Mat Workout — Stefano
- 9:00-10:15 Iyengar — Fabiola
- 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.