LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8:30-9:30 **Iyengar** Anita	8:30-10:00 **Ashtanga** Maura	8:30-9:30 **Iyengar** Anita	8:30-10:00 **Ashtanga** Maura	8:30-9:30 **Iyengar** Anita	10:30-11:45 **Hot Flow** Damiano	10:30-11:45 **Raja** Benedetta A.
9:30-10:30 **Matwork** Heloise	9:30-10:30 **Hot Therapeutic** Nike	9:30-10:30 **Matwork** Heloise	9:30-10:30 **Hot Therapeutic** Nike	9:30-10:30 **Matwork** Francesca P.	11:00-12:00 **Aerial Flow** Francesca T.	11:00-12:15 **Iyengar** Anita
10:30-12:00 **Jivamukti Basics** Jutta	10:30-11:45 **Vinyasa Flow** Damiano	ENG 10:30-12:00 **Jivamukti** Jutta	10:30-11:45 **Vinyasa Flow** Damiano	10:30-12:00 **Jivamukti** Jutta	12:15-13:30 **Hatha Flow** Chaitanya	12:00-13:15 **Sunday Surprise Class**
12:00-13:00 **Aerial Yoga** Michela	12:00-13:00 **Funzionale** Maurizio	12:00-13:00 **Aerial Pilates** Francesca P.	10:30-11:30 **Pre-Post Parto** Samuela	12:00-13:00 **Aerial Pilates** Francesca P.	12:30-13:30 **Matwork** Agostina	
13:00-14:15 **Hatha** Alba	13:00-14:15 **Anusara Elements** Tania	13:00-14:15 **Hatha** Alba	12:00-13:15 **Iyengar** Fabiola	ENG 13:00-14:15 **Vinyasa Flow** Marisella	15:00-16:00 **Hatha** Francesco P.	
13:15-14:30 **Raja** Fabrizio	13:30-14:30 **Matwork** Bianca	13:15-14:30 **Raja** Fabrizio	13:00-14:15 **Anusara Elements** Tania	13:15-14:30 **Raja** Fabrizio	16:00-17:30 **Jivamukti** Jutta	16:00-17:15 **Vinyasa Flow** Benedetta P.
16:45-18:00 **Power Vinyasa** Alessandro	12:00-13:15 **Iyengar** Fabiola	16:45-18:00 **Power Vinyasa** Alessandro	13:30-14:30 **Matwork** Bianca	17:00-18:00 **Suspension Barre** Heloise		
17:00-18:00 **Suspension Barre** Heloise	14:00-15:15 **Iyengar liv.2** Fabiola	18:00-19:30 **Ashtanga Mysore Style** Maura	14:00-15:15 **Iyengar liv.2** Fabiola	18:00-19:00 **Matwork** Heloise		
18:00-19:00 **Matwork** Heloise	ENG 16:00-17:00 **Barre** Marisella	19:45-21:00 **Vinyasa liv.2** Michela	ENG 16:00-17:00 **Barre** Marisella	18:15-19:30 **Deep Hot Flow** Michela		
18:00-19:30 **Ashtanga** Maura	18:15-19:30 **Vinyasa Flow** Benedetta P.	ENG 19:00-20:00 **Matwork** Marisella	18:15-19:30 **Vinyasa Flow** Benedetta P.	19:00-20:00 **Barre** Heloise		
18:30-19:30 **Shastra Yoga** Damiano	18:30-19:45 **Hatha** Alba	18:30-19:45 **Iyengar** Fabiola	18:30-19:45 **Hatha** Alba	19:45-21:00 **Hot Flow** Damiano		
19:00-20:00 **Barre** Heloise	ENG 19:30-20:30 **Barre** Marisella	19:45-20:45 **Pranayama** Fabiola	ENG 19:30-20:30 **Barre** Marisella	20:15-21:15 **Intro allo Yoga** Michela		
19:45-21:00 **Hot Flow** Damiano	20:00-21:15 **Hot Yin** Benedetta P.		20:00-21:15 **Hot Yin** Benedetta P.			

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