

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

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