

LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO			DOMENICA		
		8:15-9:15 Iyengar Mayumi		8:30-10:00 Ashtanga Maura			8:15-9:15 Iyengar Mayumi				8:30-10:00 Ashtanga Maura		8:15-9:15 Iyengar Mayumi							
ENG			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.							
	10:45-12:00 Vinyasa Flow Marta		10:30-11:45 Shastra Vinyasa Damiano				10:45-12:00 Vinyasa Flow Francesca T.			10:30-11:45 Shastra Vinyasa Damiano			10:45-12:00 Vinyasa Flow Francesca T.			10:30-11:45 Shastra Vinyasa Flow Damiano		10:30-11:45 JM Vinyasa Federico		
			12:00-13:00 Funzionale Maurizio	12:00-13:15 Iyengar Fabiola						12:00-13:00 Funzionale Maurizio	12:00-13:15 Iyengar Fabiola						12:00-13:15 Hatha Flow Chaitanya		12:00-13:15 Sunday Surprise Class	
	13:00-14:15 Hatha Alba		13:00-14:15 Anusara Elements Tania	13:30-14:30 Matwork Bianca		13:00-14:15 Hatha Alba	13:15-14:30 Yoga Sadhana Marta			13:00-14:15 Anusara Elements Tania	13:30-14:30 Matwork Bianca		13:15-14:30 Yoga Sadhana Marta		13:30-14:30 Matwork Agostina					
				14:00-15:15 Iyengar liv.2 Fabiola							14:00-15:15 Iyengar liv.2 Fabiola					14:45-15:45 Hatha Francesco P.				
16:30-17:45 Power Vinyasa Alessandro		17:00-18:00 Suspension Barre Heloise		17:00-18:00 Barre Heloise			16:30-17:45 Power Vinyasa Alessandro									16:00-17:30 Ashtanga Maura			16:00-17:15 Hatha Flow Francesca F.	
	18:15-19:15 Matwork Heloise												18:15-19:15 Matwork Heloise							
18:00-19:30 Ashtanga Maura			18:30-19:45 Hatha Flow Chaitanya	18:15-19:30 Vinyasa Flow Benedetta P.	18:00-19:15 Iyengar Fabiola	18:00-19:30 Ashtanga Maura			18:30-19:45 Hatha Flow Chaitanya	18:30-19:45 Hatha Flow Chaitanya	18:15-19:30 Vinyasa Flow Benedetta P.		18:15-19:30 Hatha Flow Francesca F.		18:30-19:45 Iyengar liv.2 Fabiola					
19:45-21:00 Hot Shastra Vinyasa Damiano		19:30-20:30 Barre Heloise				19:45-20:45 Hatha Francesco P.								19:45-21:00 Hot Shastra Vinyasa Damiano						
			20:00-21:15 Hot Yin Benedetta P.						20:00-21:00 Iyengar Fabiola	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.