LUNEDI

- 8:00-9:00 **Matwork** Giulia
- 9:30-10:45 **Anusara Elements** Tania
- 9:00-10:15 **Iyengar** Fabiola
- 13:30-14:30 **Funzionale** Maurizio
- 18:00-19:00 **Hatha** Costanza
- 18:15-19:15 **Circuit Barre** Bianca
- 19:15-20:30 **Vinyasa Flow** Costanza
- 19:00-20:15 **Yoga Sadhana** Marta
- 19:30-20:30 **Matwork** Bianca

MARTEDI

- 11:00-12:00 **Matwork** Karin
- 9:30-10:45 **Hatha** Alba
- 9:00-10:15 **Iyengar** Fabiola
- 8:30-9:30 **Early Rise** Marta
- 13:15-14:15 **Barre** Heloise
- 13:30-14:30 **Surya Flow** Marta
- ENG
- 17:15-18:15 **Power Mat** Alexandra
- 18:00-19:15 **Power Vinyasa** Patricia
- ENG
- 18:30-19:30 **Barre** Alexandra
- 18:45-20:00 **Iyengar** Mayumi
- 19:00-20:30 **Ashtanga** Samuela
- 19:30-20:45 **Hot Yin** Valentina

MERCOLEDI

- 8:00-9:00 **Matwork** Giulia
- 9:30-10:45 **Anusara Elements** Tania
- 9:00-10:30 **Ashtanga** Samuela
- 10:30-11:45 **Vinyasa Flow** Marta
- 12:00-13:00 **Posturale** Maurizio
- 13:30-14:30 **Funzionale** Maurizio
- 18:00-19:00 **Hatha** Valentina
- 18:15-19:15 **Circuit Barre** Bianca
- 19:15-20:30 **Hatha Flow** Valentina
- 19:00-20:15 **Yoga Sadhana** Marta
- 19:30-20:30 **Matwork** Bianca

GIOVEDI

- 11:00-12:00 **Matwork** Karin
- 9:00-10:15 **Iyengar** Fabiola
- 8:30-9:30 **Early Rise** Marta
- 12:00-13:00 **Mat & Straps** Heloise
- 13:15-14:15 **Barre** Heloise
- 13:30-14:30 **Surya Flow** Marta
- ENG
- 17:15-18:15 **Power Mat** Alexandra
- 18:00-19:15 **Power Vinyasa** Patricia
- ENG
- 18:30-19:30 **Barre** Alexandra
- 18:45-20:00 **Asana Lab** Katharina
- 19:00-20:30 **Ashtanga** Samuela
- 19:30-20:45 **Hot Yin** Valentina

VENERDI

- 8:00-9:00 **Matwork** Giulia
- 9:30-10:45 **Hatha** Alba
- 9:00-10:30 **Ashtanga** Samuela
- 10:30-11:45 **Vinyasa Flow** Marta
- ENG
- 13:15-14:15 **Power Mat** Alexandra
- 13:30-14:30 **Funzionale** Maurizio
- 18:00-19:00 **Hatha** Costanza
- 19:15-20:30 **Vinyasa Flow** Costanza

SABATO

- 11:00-12:00 **Matwork** Karin
- 10:30-11:45 **Hot Flow** Francesco P.
- 12:15-13:30 **Kundalini** Emanuela

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