LUNEDI
7:45-8:45 Early Rise Sarah
10:15-11:30 Hatha Flow Francesca D.
12:15-13:15 Barre Heloise
13:15-14:15 Matwork liv.2 Anna
13:15-14:30 Ashtanga Samuela
ENG
17:00-18:00 Anusara Elements Tania
17:30-18:30 Barre Alexandra
17:45-18:45 Pre-Post Parto Valentina
18:30-19:30 Hatha Francesco P.
18:15-19:30 Iyengar Anita
ENG
19:00-20:00 Power Mat Alexandra
19:30-20:45 Raja Benedetta A.
20:00-21:15 Power Vinyasa Alessandro
MARTEDI
8:00-9:00 Matwork Heloise
9:15-10:15 Meditazione Tania
10:15-11:30 Anusara Elements Tania
11:45-12:45 Hot Therapeutic Nike
ENG
13:00-14:00 Hatha Nike
13:15-14:15 Power Mat Alexandra
ENG
14:15-15:15 Barre Alexandra
16:00-17:15 Iyengar Silvia
16:45-17:45 Posturale Maurizio
17:15-18:15 Hatha Flow Chaitanya
18:15-19:15 Matwork Anna
18:30-19:30 Introduzione Yoga Chiara
19:45-21:00 Candle Light Hatha Flow Chiara
20:00-21:00 Spiritual Warrior Jutta
MERCOLEDI
7:45-8:45 Early Rise Sarah
8:00-9:00 Matwork Karin
9:00-10:15 Iyengar Fabiola
10:30-11:45 Hot Power Vinyasa Francesca T.
12:15-13:15 Matwork Heloise
13:15-14:15 Barre Heloise
13:15-14:30 Ashtanga Samuela
ENG
17:30-18:30 Power Mat Alexandra
17:30-18:45 Mobility Katharina
18:30-19:30 Hot Therapeutic Costanza
18:15-19:30 Iyengar Anita
19:00-20:30 Acro Yoga Katharina
19:30-20:45 Raja Benedetta
20:00-21:15 Power Vinyasa Alessandro
GIOVEDI
8:00-9:00 Matwork Heloise
10:15-11:30 Hatha Flow Francesca D.
11:45-12:45 Hot Therapeutic Nike
ENG
13:00-14:00 Hatha Nike
13:15-14:15 Power Mat Alexandra
ENG
14:15-15:15 Barre Alexandra
16:45-17:45 Posturale Maurizio
17:15-18:15 Hatha Flow Chaitanya
18:15-19:15 Matwork Anna
18:30-19:45 Mindful Fabio
19:45-21:00 Candle Light Hatha Flow Chiara
20:00-21:00 Spiritual Warrior Jutta
VENERDI
8:00-9:00 Matwork Costanza
9:00-10:15 Iyengar Fabiola
10:15-11:30 Anusara Elements Tania
10:30-11:45 Hot Power Vinyasa Francesca T.
12:15-13:15 Barre Heloise
13:00-14:00 Hatha Flow Costanza
13:15-14:15 Matwork Heloise
13:15-14:30 Ashtanga Mysore Style Samuela
16:00-17:15 Iyengar liv.2 Silvia
17:00-18:00 Anusara Elements Tania
ENG
17:30-18:30 Barre Alexandra
18:30-19:30 Hatha Francesco P.
18:15-19:45 Ashtanga Maura
ENG
19:00-20:00 Power Mat Alexandra
19:30-20:30 Hot Yoga Nidra Sarah
SABATO
10:30-11:45 DeROSE Nubia Laura
12:00-13:00 Hot Therapeutic Sarah
13:15-14:30 Hot Flow Damiano
15:00-16:15 Hatha Flow Costanza