

LUNEDI 18/5	MARTEDI 19/5	MERCOLEDI 20/5	GIOVEDI 21/5	VENERDI 22/5	SABATO 23/5	DOMENICA 24/5
	08:00-09:00 EARLY RISE Sarah		08:00-09:00 EARLY RISE Sarah			
09:15-10:15 IYENGAR Fabiola	09:15-10:15 HATHA Samuela	09:15-10:15 BARRE Heloise	09:15-10:15 IYENGAR Fabiola	09:15-10:15 IYENGAR Fabiola		10:00-11:00 THERAPEUTIC Nike
	ENGLISH CLASS		ENGLISH CLASS			
	10:30-11:30 POWER MAT Alexandra	10:30-11:45 VINYASA FLOW Damiano	10:30-11:30 POWER MAT Alexandra		11:30-12:30 MATWORK Karin	11:30-13:00 ASHTANGA Samuela
16:30-17:30 MEDITAZIONE Tania	13:00-14:15 VINYASA FLOW Costanza	13:00-14:00 CIRCUIT BARRE Bianca		13:00-14:30 ASHTANGA Maura	16:00-17:15 VINYASA FLOW Costanza	16:00-17:00 MATWORK Francesca N.
					ENGLISH CLASS	
18:00-19:15 POWER VINYASA Alessandro	18:00-19:15 ANUSARA Tania	18:00-19:15 POWER VINYASA Alessandro	18:00-19:15 ANUSARA Tania	18:00-19:15 YOGA FLOW Vania	17:30-18:30 BARRE Alexandra	17:30-18:30 POWER VINYASA Francesca T.
19:30-20:30 HATHA Francesco P.	19:30-20:45 VINYASA FLOW Damiano	19:30-20:30 HATHA Costanza	19:30-20:30 MATWORK Bianca	19:30-20:30 BARRE Heloise	18:45-20:00 FLOW AND RESTORE Benedetta P.	18:45-20:00 YIN Valentina