

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.00-08.00	ASHTANGA YOGA		ASHTANGA YOGA		ASHTANGA YOGA	
08.00-09.00	07.15-08.30		07.15-08.30		07.15-08.30	
09.00-10.00	MATWORK	BARRE WORKOUT	MATWORK	BARRE WORKOUT	FUNCTIONAL WORKOUT	BARRE WORKOUT
10.00-11.00	FUNCTIONAL CIRCUIT	MATWORK SOFT	FUNCTIONAL CIRCUIT	MATWORK SOFT	VINIYOGA 09.30-10.45	MATWORK
11.00-12.00		VINIYOGA 11.00-12.15		VINIYOGA GRAVIDANZA MOM&BABY 11.00-12.15		
12.00-13.00	MATWORK		MATWORK		MATWORK	
13.00-14.00	MATWORK INTERMEDIO	STRETCH	MATWORK INTERMEDIO	STRETCH	MATWORK INTERMEDIO	
14.00-15.00		FUNCTIONAL WORKOUT		YOGILATES		
15.00-16.00			DANZA CONTEMPORANEA			
16.00-17.00						
17.00-18.00	ASHTANGA YOGA		ASHTANGA YOGA		BARRE WORKOUT	
18.00-19.00	17.15-18.30	VINYASA YOGA 17.45-19.00	17.15-18.30	VINYASA YOGA 17.45-19.00	MATWORK	
19.00-20.00	MATWORK	MATWORK INTERMEDIO	MATWORK	MATWORK INTERMEDIO		
20.00-21.00	MATWORK		MATWORK			

ORARIO SEGRETERIA

Lun.-Ven. 09.00-20.30 Sab. 09.30-13.00

È obbligatorio prenotare e saldare in anticipo le lezioni

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