

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
	8:15-9:15 <b>Iyengar</b> Mayumi	8:15-9:15 <b>Iyengar</b> Anita			8:15-9:15 <b>Hatha</b> Matteo		8:15-9:15 <b>Iyengar</b> Anita		8:15-9:15 <b>Iyengar</b> Mayumi				
			8:30-10:00 <b>Ashtanga</b> Maura					8:30-10:00 <b>Ashtanga</b> Maura					
	9:30-10:30 <b>Matwork</b> Stefano	9:30-10:30 <b>Hatha</b> Nike			9:30-10:30 <b>Matwork</b> Stefano		9:30-10:30 <b>Hatha</b> Nike		9:30-10:30 <b>Pilates Matwork</b> Francesca P.				
	10:45-12:00 <b>Power Vinyasa</b> Giorgia		10:45-11:45 <b>Hatha Flow</b> Madeira		10:45-12:00 <b>JM Vinyasa</b> Federico	10:45-12:00 <b>Power Vinyasa</b> Giorgia		10:45-11:45 <b>Hatha Flow</b> Madeira		10:45-12:00 <b>JM Vinyasa</b> Federico			
													10:30-11:45 <b>Rocket Yoga</b> Clotilde
	12:05-13:05 <b>Barre</b> Francesca P.		12:00-13:00 <b>HIIT</b> Eleonora	12:00-13:15 <b>Iyengar</b> Fabiola	12:05-13:05 <b>Yoga Postural</b> Stefano		12:00-13:00 <b>HIIT</b> Eleonora	12:00-13:15 <b>Iyengar</b> Fabiola	12:05-13:05 <b>Barre</b> Francesca P.		11:15-12:15 <b>Barre</b> Vanessa		12:00-13:00 <b>Sunday Surprise Class</b>
12:15-13:30 <b>Rocket Yoga</b> Giorgia												12:30-13:30 <b>Pilates Matwork</b> Vanessa	
	13:15-14:30 <b>Vinyasa Flow</b> Madeira		13:30-14:30 <b>Matwork</b> Stefano		13:15-14:30 <b>Vinyasa Flow</b> Madeira		13:30-14:30 <b>Matwork</b> Stefano		13:15-14:30 <b>Vinyasa Flow</b> Madeira				
				14:00-15:15 <b>Iyengar liv.2</b> Fabiola				14:00-15:15 <b>Iyengar liv.2</b> Fabiola			14:00-15:00 <b>Aerial Yoga</b> Federica		
											15:15-16:15 <b>Sound Yin</b> Federica		
											<b>ENGLISH</b>		
16:45-18:00 <b>Power Vinyasa</b> Alessandro	17:00-18:00 <b>Barre</b> Francesca F.	17:15-18:15 <b>Hatha</b> Matteo	17:00-18:00 <b>Funzionale</b> Gabriele			16:45-18:00 <b>Power Vinyasa</b> Alessandro	17:15-18:15 <b>Hatha</b> Matteo	17:00-18:00 <b>Funzionale</b> Gabriele	17:00-18:00 <b>Barre</b> Francesca F.		16:30-17:45 <b>Inside Flow</b> Ditya		
				18:00-19:15 <b>Iyengar</b> Anita	18:00-19:30 <b>Ashtanga</b> Maura	18:15-19:15 <b>Power Vinyasa</b> Alessandro							
18:30-19:30 <b>Meditazione</b> Damiano	18:15-19:15 <b>Hatha</b> Francesca F.	18:00-19:30 <b>Ashtanga</b> Maura	18:30-19:45 <b>Vinyasa Flow</b> Benedetta P.	18:00-19:15 <b>Iyengar</b> Anita	18:00-19:30 <b>Ashtanga</b> Maura	18:15-19:15 <b>Hatha</b> Chiara	18:30-19:45 <b>Iyengar liv.2</b> Fabiola	18:30-19:45 <b>Vinyasa Flow</b> Benedetta P.	18:15-19:15 <b>Circuit Pilates</b> Eleonora	18:15-19:15 <b>Hatha Flow</b> Francesca F.		18:00-19:15 <b>JM Vinyasa</b> Simona	
										18:30-19:45 <b>Iyengar liv.2</b> Fabiola			
19:30-20:30 <b>Pilates Matwork</b> Simona P.	19:45-20:45 <b>Hatha</b> Francesca F.		19:30-20:30 <b>Vinyasa Flow</b> Benedetta P.	19:30-20:30 <b>Barre</b> Eleonora	19:45-20:45 <b>Restorative</b> Madeira	19:45-21:00 <b>Shastra Flow</b> Damiano	19:30-20:30 <b>Pilates Matwork</b> Simona P.	19:30-20:30 <b>Pilates Matwork</b> Simona P.	19:30-20:30 <b>Barre</b> Eleonora	19:30-20:45 <b>Rocket Yoga</b> Giorgia	19:30-20:30 <b>Pilates Matwork</b> Simona P.		
19:45-21:00 <b>Shastra Flow</b> Damiano		20:00-21:00 <b>Hot Yin</b> Benedetta P.					20:00-21:00 <b>Sutra&amp; Pranayama</b> Fabiola	20:00-21:00 <b>Hot Yin</b> Benedetta P.					

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