

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
		Pilates/Garuda 7.30-8.30 Benedetta	Yoga Breakfast 7.30-8.30 Claudia	
Hatha Yoga 9.00-10.00 Renato	Pilates 9.00-10.00 Renato	Yoga dolce 9.30-10.30 Claudia	Pilates 9.00-10.00 Renato	Yoga e Pranayama 9.00-10.30 Melina
Qi Gong 10.30-11.30 Simonetta	Yoga mamme e bimbi 10.30-11.30 Barbara		Hatha Yoga 10.30-12.00 Patrizia	
	Yoga in gravidanza 11.45-12.45 Barbara			
Pilates 13.15-14.15 Renato	Kundalini Yoga 13.15-14.15 Claudia		Hatha Yoga 13.15-14.15 Renato	Ashtanga Yoga 13.15-14.15 Melina
		Hatha Yoga 15.00-16.30 Patrizia	Pilates/Garuda 15.00-16.00 Benedetta	
		Danza bambini 17.00-18.00 Silvia		
Hatha Yoga 18.30-19.30 Renato	Asana e Yoga nidra 18.15-19.45 Claudia	Pilates/Garuda 18.30-19.30 Benedetta	Hatha Yoga 18.30-19.30 Renato	Pilates/Garuda 19.00-20.00 Benedetta
Hatha Yoga 20.00-21.30 Renato	Bioenergetica 20.15-21.30 Marica	Hatha Yoga 20.00-21.30 Alessandra	Qi Gong 20.00-21.00 Teresa	