

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
	9.00-10.30 Hatha yoga	7.30-8.30 Yoga con elementi Anusara		10.30-12.00 yoga in gravidanza
	11.00-12.30 Hatha yoga		11.00-12.30 Hatha yoga	
		13.00-14.30 Raja yoga		
	15.30-17.00 Hatha yoga		15.30-17.00 Hatha yoga	
17.30-19.00 yoga in gravidanza	17.30-19.00 Restorative yoga	18.00-19.30 Hatha yoga	17.30-19.00 Hatha yoga	18.00-19.30 Hatha yoga
19.45-21.15 Hatha yoga	19.30-21.00 Hatha yoga	20.00-21.30 Hatha yoga	19.30-21.00 Hatha yoga	20.00-21.30 Hatha yoga