

YOGI'S MENU'					
LUN	MART	MERC	GIOV	VEN	SAB
	9,30 YOGA WAVE MORNING FLOW	13,30 YOGA WAVE		9,30 YOGA WAVE MORNING FLOW	9,00 POSTURALE 11,00 YOGA WAVE MORNING FLOW
13,30 YOGA WAVE					
18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 YIN & YANG	18,15 YOGA WAVE	18,15 YOGA WAVE	
19,30 YOGA WAVE INTENSIVE FLOW	19,30 YIN	19,30 YOGA WAVE INTENSIVE FLOW	19,30 YIN & MEDITAZIONE	19,30 YIN & YANG	
	20,30 YOGA AEREO		20,30 YOGA AEREO	20,30 VERTICALISMO	

YOGI'S MENU'				SALA B	
LUN	MART	MERC	GIOV	VEN	SAB
		17,00 Yoga Kids		18,15 PRANAYAMA & MEDITAZIONE	9,00 Posturale
18,30 PILATES MAT WORK	18,30 PILATES MAT WORK	18,30 PILATES MAT WORK	18,30 PILATES MAT WORK		
19,30 YOGA WAVE BASE	19,30 HATHA YOGA	19,30 FUNCTIONAL TRAINING 20,30 FUNCTIONAL TRAINING	19,30 HATHA YOGA		