

YOGI'S MENU'

Orario discipline della Ginnastica finalizzata alla salute ed al fitness

LUN	MART	MERC	GIOV	VEN	SAB
	SALA B 9,30 Movimento Consapevole	17,00 YOGA WAVE Prenatal		9,30 YOGA WAVE MORNING FLOW	11,00 YOGA WAVE MORNING FLOW
	9,30 YOGA WAVE MORNING FLOW	17,00 YOGA WAVE KIDS		13,30 YOGA WAVE	
	13,30 YOGA WAVE	18,15 YIN & YANG	SALA B 18,15 HATHA YOGA	13,30 YOGA WAVE	SALA B 18,15 HATHA YOGA
18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 HATHA YOGA
	18,15 YOGA WAVE GENTLE FLOW	19,30 YOGA WAVE INTENSIVE FLOW	19,30 YIN & MEDITAZIONE	19,30 YIN & YANG	19,30 HATHA YOGA
19,30 YOGA WAVE INTENSIVE FLOW	19,30 YOGA WAVE BASE	19,30 YOGA WAVE INTENSIVE FLOW	19,30 YIN & MEDITAZIONE	19,30 YIN & YANG	19,30 HATHA YOGA
	20,30 YOGA AEREO		20,30 YOGA AEREO		

Discipline: tutti i corsi sono su prenotazione a numero limitato di partecipanti.