

YOGI'S MENU'			SALA A		
LUN	MART	MERC	GIOV	VEN	SAB
				8,00 YOGA WAVE ADVANCED MINDFLOW	08,15 PRANAYAMA 45 MINUTI PRESENZA
	9,30 YOGA WAVE MORNING FLOW			9,30 YOGA WAVE MORNING FLOW	
13,30 YOGA WAVE		13,30 YOGA WAVE			11,00 YOGA WAVE MORNING FLOW
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		

YOGI'S MENU'			SALA B		
LUN	MART	MERC	GIOV	VEN	SAB
		17,00 Yoga Kids		17,00 PRE NATAL	9,00 Posturale
18,30 PILATES MAT WORK	18,15 HATHA YOGA	18,30 PILATES MAT WORK	18,15 HATHA YOGA		
19,30 YOGA WAVE GENTLE	19,30 HATHA YOGA		19,30 HATHA YOGA		