YOGI'S MENU' — SALA A

LUN	MART	MERC	GIOV	VEN	SAB
	9,30 YOGA WAVE MORNING FLOW			9,30 YOGA WAVE MORNING FLOW	9,00 POSTURALE
					11,00 YOGA WAVE MORNING FLOW
13,30 YOGA WAVE		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
					9,00 Posturale
		17,00 Yoga Kids			
18,30 PILATES MAT WORK	18,30 PILATES MAT WORK	18,30 PILATES MAT WORK	18,30 PILATES MAT WORK	18,15 PRANAYAMA & MEDITAZIONE	
19,30 YOGA WAVE BASE	19,30 HATHA YOGA	19,30 FUNCTIONAL TRAINING	19,30 HATHA YOGA		