

# YOGI'S MENU'

Orario discipline della Ginnastica finalizzata alla salute ed al fitness

LUN

MART

MERC

GIOV

VEN

SAB

DOM

	9,30 YOGA WAVE Morning Flow		9,30 YOGA WAVE Morning Flow		9,30 PRENATAL	
	13,30 YOGA WAVE		13,30 YOGA WAVE		11,00 YOGA WAVE Morning Flow	
		17,00 YIN YOGA			13,00 Disciplina YOGA AEREO	
			<b>SALA B</b>			
18,15 YOGA WAVE	18,15 YIN YOGA	18,15 YOGA WAVE	18,15 HATHA YOGA	18,15 YOGA WAVE	18,15 YOGA WAVE	18,15 HATHA YOGA
19,30 YOGA WAVE Intensive Flow	19,30 YOGA WAVE WARRIOR	19,30 YOGA WAVE Intensive Flow	19,30 HATHA YOGA	19,30 PRANAYAMA MEDITAZIONE	19,30 YIN & YANG	19,30 HATHA YOGA

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