

ORARIO DELLE LEZIONI

	LUN	MAR	MER	GIO	VEN
06:45/07:45		YOGA ROSSELLA			
10:00/11.30				YOGA RINO	
16:30/18:00	YOGA MANUELA		16:30/17:30 YOGA sulla sedia ROSSELLA		
17:00/18:30		YOGA RINO		YOGA MANUELA	
18:00/19:15			YOGA ANNA		
18:30/20:00	YOGA MANUELA				YOGA RINO
19:00/20:30		YOGA RINO		YOGA MANUELA	
19:30/20:45			YOGA ROSSELLA		

Prana Yoga: Rino

Hatha Yoga: Manuela

Yoga su Misura: Rossella

Yin Yoga: Anna