

CALENDARIO CORSI YOGA 2022 / 2023

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
	HATHA YOGA 07:45 - 09:00			
YOGA VINYASA BEG / INT 09:30 - 10:45		YOGA VINYASA BEG / INT 12:50 - 14:10		
YOGA IN GRAVIDANZA 16:45 - 17:45				
YOGA VINYASA SU ZOOM BEG / INT 18:15 - 19:30	YOGA VINYASA INT / ADV 18:00 - 19:10	YOGA VINYASA BEGINNER 18:00 - 19:10	YOGA VINYASA BEG / INT 18:00 - 19:10	YIN & RESTORATIVE YOGA 18:15 - 19:30
	YOGA VINYASA BEG / INT 19:30 - 20:50	YOGA VINYASA BEG / INT 19:30 - 20:50	YOGA VINYASA INT / ADV 19:30 - 20:50	

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