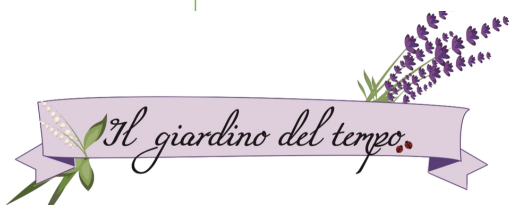


CALENDARIO YOGA E PILATES 2019/20

| | <i>Lunedì</i> | <i>Martedì</i> | <i>Mercoledì</i> | <i>Giovedì</i> |
|---------------------|---|---|---|---|
| MATTINA | | 8:30 – 9:30 YOGA DEL MATTINO Tatiana Mugnaini | | 8:30 – 9:30 YOGA DEL MATTINO Tatiana Mugnaini |
| | 9:00- 9:50 GRUPPO AFA Francesca Strano | | 9:00- 9:50 GRUPPO AFA Francesca Strano | |
| | | 09:45 – 11:00 VINYASA YOGA Cristina Verdi | | 09:45 – 11:00 VINYASA YOGA Cristina Verdi |
| | 12:15 – 13:15 POSTURAL TONE Francesca Strano | | 12:15 – 13:15 POSTURAL TONE Francesca Strano | |
| PAUSA PRANZO | | 14:15 – 15:15 HATHA YOGA Samanta Zarcone | | 14:15 – 15:15 HATHA YOGA Samanta Zarcone |
| | 17:30 – 18:30 ANUKALANA YOGA Tatiana Mugnaini | 17:30 – 18:30 PILATES Angie | 17:30 – 18:30 ANUKALANA YOGA Tatiana Mugnaini | 17:30 – 18:30 PILATES Angie |
| SERA | 18:45 – 19:45 PILATES Tatiana Mugnaini | 18:45 – 19:45 YIN YANG YOGA Angie | 18:45 – 19:45 PILATES Tatiana Mugnaini | 18:45 – 19:45 YIN YANG YOGA Angie |
| | | | 20:15 – 21:30 VINYASA YOGA Cristina Verdi | 20:00 – 21:00 ACROYOGA Ruben & Sonia |
| | | | | |



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