

LUNEDÌ**MARTEDÌ****MERCOLEDÌ****GIOVEDÌ****VENERDÌ****SABATO**

Tai Chi "risveglio energetico"
10:00-11:00

Iyengar base
9:00-10:15

Tai Chi "risveglio energetico"
10:00-11:00

Iyengar base
9:00-10:15

Iyengar Yoga base
10:00-11:15

Pranayama
10:30-11:30

Iyengar Yoga tutti i livelli
13:00-14:30

Iyengar Yoga base
13:00-14:15

Iyengar Yoga base
13:00-14:15

Iyengar Yoga tutti i livelli
12:00-13:00

Yoga bambini 7-12 anni
16:45-17:45

Yoga ragazzi
17:00-18:00

Yoga bambini 4-6 anni
16:45-17:45

Iyengar Yoga base
18:00-19:15

Iyengar tutti i livelli
18:00-19:30

Iyengar Yoga liv.1-2
18:00-19:30

Iyengar Yoga base
20:00-21:15

Iyengar Yoga liv.1
20:00-21:30

Iyengar Yoga base
20:00-21:15

Tai Chi "risveglio energetico"
20:00-21:00

Pranayama- meditazione
19:45-20:45