

LUNEDÌ	MARTEDÌ	MERCOLEDÌ
Ginnastica dolce 10:00 - 11:00	Iyengar Yoga liv.1-2 9:00 - 10:30	
Iyengar Yoga tutti i livelli 13:00 - 14:30	Iyengar Yoga base 13:00 - 14:15	
	Yoga bambini 7-12 anni 16:45 - 17:45	Yoga teenagers 17:00 - 18:00
	Iyengar Yoga base 18:00 - 19:15	
Iyengar Yoga base 20:00 - 21:15	Iyengar Yoga liv.1-2 20:00 - 21:30	Iyengar Yoga base 20:00 - 21:15
GIOVEDÌ	VENERDÌ	SABATO
Iyengar Yoga base 9:00 - 10:15	Yoga ristorativo 10:00 - 11:15	Iyengar Yoga (asana e pranayama) 9:00 - 11:00
Iyengar Yoga base 13:00 - 14:15	Iyengar Yoga liv. 1 - 2 13:00 -13:30	
Yoga bambini 4-6 anni 16:45 - 17:45	Yoga in gravidanza 16:30 - 17:30	
Iyengar Yoga liv.2 18:00 - 19:30	Iyengar Yoga tutti i livelli 18:00 - 19:30	
	Dhyana (meditazione) 19:45 - 20:30	



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