

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ |
|---|---|--|
| Ginnastica dolce 10:00 - 11:00 | Iyengar Yoga base - liv.1 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 18:30 - 19:45 |
| 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 - 14:30 | |
| 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 | |