

<p style="text-align: center;">GIOVEDÌ 19</p> <p>08.00 - 08.50 Vinyasa Yoga</p> <p>13.10 - 14.00 Ashtanga Yoga</p> <p>16.30 - 17.15 Ginnastica Posturale</p> <p>19.00 - 20.00 Vinyasa Yoga</p>	<p style="text-align: center;">VENERDÌ 20</p> <p>07.30 - 08.20 Hatha Yoga</p> <p>11.00 - 11.45 Pilates Matwork Dolce</p> <p>13.10 - 14.00 Pilates Matwork</p> <p>19.00 - 20.00 Yoga Sciamanico</p>
<p style="text-align: center;">SABATO 21 MATTINA</p> <p>09.30 - 10.00 Pilates Matwork</p> <p>10.15 - 10.45 Vinyasa Yoga</p> <p>11.00 - 11.30 Mindfulness</p> <p>11.45 - 12.15 Ashtanga Yoga</p> <p>12.30 - 13.00 Hatha Yoga</p>	<p style="text-align: center;">SABATO 21 POMERIGGIO</p> <p>16.00 - 16.30 Body Stretch</p> <p>16.45 - 17.15 Pilates Matwork</p> <p>17.30 - 18.00 You can dance!</p> <p>18.15 - 18.45 Yoga Sciamanico</p> <p>19.00 - 19.30 Workout Cardio</p>
<p style="text-align: center;">DOMENICA 22</p> <p>09.30 - 10.00 Yoga Sciamanico</p> <p>10.15 - 10.45 Hatha Yoga</p> <p>11.00 - 11.30 Ashtanga Yoga</p> <p>11.45 - 12.15 Rocket®Yoga</p> <p>12.30 - 13.00 Pilates Matwork</p>	<p style="text-align: center;">LUNEDÌ 23</p> <p>11.00 - 12.00 Hatha Yoga</p> <p>13.10 - 14.00 Hatha Yoga</p> <p>17.00 - 17.45 Body Stretch</p> <p>18.00 - 18.50 Pilates Matwork</p> <p>19.00 - 20.00 Ashtanga Yoga</p> <p>20.15 - 21.00 Workout Cardio</p>
<p style="text-align: center;">MARTEDÌ 24</p> <p>06.30 - 07.00 Mindfulness Online</p> <p>08.00 - 08.50 Ashtanga Yoga</p> <p>13.10 - 14.00 Pilates Matwork</p> <p>18.00 - 18.45 Ashtanga Yoga</p> <p>19.00 - 20.15 Rocket® Yoga</p>	<p style="text-align: center;">MERCOLEDÌ 25</p> <p>07.30 - 08.25 Pilates Matwork</p> <p>13.10 - 14.00 Rocket® Yoga</p> <p>16.45 - 17.15 Yoga per bambini</p> <p>18.00 - 18.45 Vinyasa Yoga</p> <p>19.00 - 20.00 Ashtanga Yoga</p> <p>20.15 - 21.00 Pilates Matwork</p>

PRENOTAZIONE OBBLIGATORIA

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