

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		DOMENICA
Sala India	Sala Tibet	Sala India	Sala Tibet	Sala India	Sala Tibet	Sala India	Sala Tibet	Sala India	Sala Tibet	Sala India
		9:30-10:45 Trulkor Yoga tibetano <i>Caterina</i>								8:30-9:30 Meditazione tibetana Ngalso <i>Caterina</i>
10:30-11:45 Hatha Yoga <i>Claudio</i>		11:00-12:00 Pilates <i>Caterina</i>		10:30-11:45 Hatha Yoga <i>Claudio</i>		11:00-12:00 Power Yoga <i>Caterina</i>		11:00-12:00 Pilates <i>Caterina</i>		
		13:10-14:10 Pilates <i>Giada</i>				13:10-14:10 Pilates <i>Giada</i>				
17:00-18:30 Parlami di te (ragazzi) <i>Claudio</i>						17:00-18:30 Yoga Bimbi <i>Nicoletta</i>		16:45-18:00 Hatha Yoga <i>Caterina</i>		
		18:15-19:30 Hatha Yoga <i>Caterina</i>	18:00-19:00 Yoga in Gravidanza <i>Antonella</i>					18:15-19:30 Hatha Yoga <i>Caterina</i>		
						Alternate ogni due giovedì				
19:30-20:30 Power Yoga <i>Claudio</i>		19:30-20:45 Hatha Yoga <i>Caterina</i>		19:30-20:30 Power Yoga <i>Claudio</i>		19:30-21:00 Filosofia Yoga il sentiero del Kriya <i>Claudio</i>	19:30-21:00 Meditazione Canto Mantra <i>Caterina</i>	19:30-21:00 Danza Indiana Bharatanatyam <i>Marianna</i>		
20:40-21:50 Hatha Yoga <i>Liliana</i>				20:40-21:50 Hatha Yoga <i>Liliana</i>						