

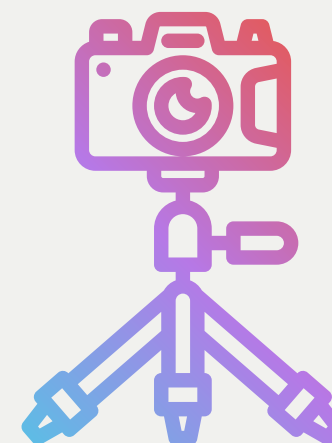


# STUDIUM ORARI 2023-24

LUNEDI'	MARTEDI'		MERCOLEDI'	GIOVEDI'		VENERDI'	DOMENICA
Sala India	Sala India	Sala Tibet	Sala India	Sala India		Sala India	Sala Tibet
10:30-11:45 <b>YOGA GENTILE</b> Claudio	11:00-12:00 <b>PILATES</b> Antonella		10:30-11:45 <b>YOGA GENTILE</b> Claudio	11:00-12:00 <b>PILATES</b> Antonella		10:30-11:45 <b>HATHA YOGA</b> Caterina	8:30 -9:30 <b>Meditazione Tibetana</b> Caterina
	13:10-14:10 <b>PILATES</b> Antonella			13:10-14:10 <b>HATHA YOGA</b> Caterina		13:10-14:10 <b>PILATES</b> Antonella	
				17:00-18:30 <b>YOGA BIMBI</b> Nicoletta			
18:15-19:15 <b>YOGA POSTURALE</b> Antonella	18:15-19:30 <b>HATHA YOGA</b> Caterina	18:00-19:00 <b>Yoga in Gravidanza</b> Antonella	18:15-19:15 <b>YOGA POSTURALE</b> Antonella	<b>Ogni due giovedì</b> 19:30-21:00		18:15-19:30 <b>HATHA YOGA</b> Caterina	
19:30-20:30 <b>VINYASA YOGA</b> Claudio	19:40-20:40 <b>YOGA TIBETANO</b> Caterina		19:30-20:30 <b>VINYASA YOGA</b> Claudio	<b>Meditazione Disegna la GEOMETRIA SACRA</b> Caterina	<b>Meditazione FILOSOFIA dello Yoga KRIYA</b> Claudio	19:40-20:40 <b>VINYASA YOGA</b> Caterina	
20:40-21:55 <b>HATHA YOGA</b> Giorgia			20:40-21:40 <b>QI GONG e Respirazione</b> Claudio				



# STUDIUM ORARI ON LINE



## ORARI ON LINE 2022-2023

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	domenica
		10:30-11:45 <b>YOGA GENTILE</b> <i>Claudio</i>			8:30-20:30 <b>Meditazione Tibetana</b> <i>Caterina</i>
			11:00-12:00 <b>PILATES</b> <i>Antonella</i>		
	18:15- 19:30 <b>HATHA YOGA</b> <i>Caterina</i>				
19:30-20;30 <b>VINYASA YOGA</b> <i>Claudio</i>					
	19:40- 20;40 <b>YOGA TIBETANO</b> <i>Caterina</i>				
				19:40-20;40 <b>VINYASA YOGA</b> <i>Caterina</i>	