



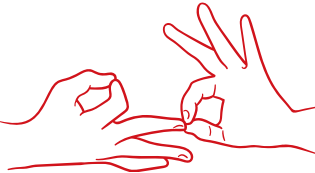








STUDIUM YOGA

ORARI CORSI 2024/25



LUN	MART	MERC	GIOV	VEN
10:30 - 11:45 YOGA LONGEVITY <i>Claudio</i>	11:00 - 12:00 PILATES <i>Luca</i>	10:30 - 11:45 YOGA LONGEVITY <i>Claudio</i>  anche on line	11:00 - 12:00 PILATES <i>Luca</i>  anche on line	10:30 - 11:45 HATHA YOGA <i>Arianna</i>  anche on line
			13:10 - 14:10 HATHA YOGA <i>Arianna</i>	13:10 - 14:10 PILATES <i>Arianna</i>
18:15 - 19:15 YOGA POSTURALE <i>Antonella</i>	18:15 - 19:30 HATHA YOGA <i>Caterina</i>  anche on line	18:15 - 19:15 YOGA POSTURALE <i>Antonella</i>	17:00-18:30 KIDS YOGA <i>Nicoletta</i>	18:15 - 19:30 HATHA YOGA <i>Caterina</i>
19:30 - 20:30 VINYASA YOGA <i>Claudio</i>  anche on line	19:40 - 21:10 ASHTANGA YOGA <i>Marta</i>	19:30 - 20:30 VINYASA YOGA <i>Claudio</i>	ogni due giovedì 19:30-21:00 PSICOLOGIA dello YOGA e MEDITAZIONE <i>Claudio</i>  anche on line	19:40 - 21:00 DANZE FOLK e POPOLARI <i>Chiara</i>
20:45 - 22:00 YOGA TEATRO <i>Matteo</i>		20:40 - 21:50 QI GONG <i>Claudio</i>	un giovedì al mese 19:30-21:30 YOGA LAB <i>Claudio</i>	

YOGA IN GRAVIDANZA su appuntamento con *Antonella*

