

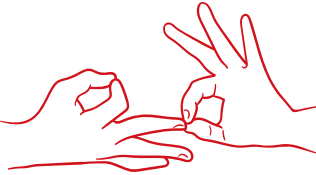










# STUDIUM YOGA

## ORARI CORSI 2024/25



LUN	MART	MERC	GIOV	VEN
10:30 - 11:45 <b>YOGA LONGEVITY</b> Claudio	11:00 - 12:00 <b>PILATES</b> Luca  anche on line	10:30 - 11:45 <b>YOGA LONGEVITY</b> Claudio  anche on line	11:00 - 12:00 <b>PILATES</b> Luca	
			13:10 - 14:10 <b>HATHA YOGA</b> Arianna  anche on line	13:10 - 14:10 <b>PILATES</b> Arianna
	17:00 - 18:00 <b>PILATES</b> Caterina		17:00-18:30 <b>KIDS YOGA</b> Nicoletta	
18:15 - 19:15 <b>YOGA POSTURALE</b> Claudio	18:15 - 19:30 <b>HATHA YOGA</b> Caterina	18:15 - 19:15 <b>YOGA POSTURALE</b> Claudio		18:15 - 19:30 <b>HATHA YOGA</b> Caterina  anche on line
19:30 - 20:30 <b>VINYASA YOGA</b> Claudio  anche on line	19:40 - 21:10 <b>ASHTANGA YOGA</b> Marta	19:30 - 20:30 <b>VINYASA YOGA</b> Claudio	ogni due giovedì 19:30:21:00 <b>PSICOLOGIA dello YOGA e MEDITAZIONE</b> Claudio	Un venerdì al mese 20:00-21:30 <b>MANTRA YOGA</b> Caterina
20:40 - 21:50 <b>QI GONG</b> Claudio		20:40 - 21:50 <b>QI GONG</b> Claudio		

**YOGA IN GRAVIDANZA** su appuntamento

