

| Orario | Lunedì | Martedì | Mercoledì | Giovedì | Venerdì |
|--------|-----------------------------|-----------------------------|---|-----------------------------|---------|
| 8.00 | Hatha Yoga 8.30 + 9.45 | | | | |
| 9.00 | | Hatha Yoga 9.00 + 10.15 | Hatha Yoga 9.00 + 10.15 | Hatha Yoga 9.00 + 10.15 | |
| 10.00 | | | | | |
| 17.00 | | | | | |
| 18.00 | Yin Yoga 17.45 + 19.00 | Hatha Yoga 17.45 + 19.00 | Hatha Yoga 17.45 + 19.00 a MONTAGNA | Hatha Yoga 17.45 + 19.00 | |
| 19.00 | Hatha Yoga 19.15 + 20.30 | Hatha Yoga 19.15 + 20.30 | Hatha Yoga 19.15 + 20.30 a MONTAGNA | Hatha Yoga 19.15 + 20.30 | |
| 20.00 | | | | | |