

CORSI	YOGA MATTINA	YOGA PRINC.	YOGA AVANZATI	POWER YOGA	PILATES	TAI-CHI	SPAZIO NASCITA	DANZA VENTRE
2018/19								
LUNEDI		Yoga 18.00-19.00	Yoga 19.15-20.30					
MARTEDI					Pilates 7.00-8.00 Pilates 13.00-14.00	Tai Chi 19.00-21.00		
MERCOLEDÌ	Yoga 8.15-10.15.00	Yoga int 18.10-19.10	Yoga 19.15-20.30				Yoga in gravidanza 17.10-18.10	D. Ventre 20.40
GIOVEDÌ		Yoga 18.00-19.00		PYoga 19.10- 20.30	Pilates 7.00-8.00 Pilates 20.30-21.15 Pilates 13.00-14.00	Chi Kung 8.45-10.00		
VENERDI						Tai Chi 19.30-20.45	YOGA Pre Parto 9.15-11.30	
SABATO	Yoga 9.00-10.30						Yoga per il VISO 10.40-12.00	
MARIA	MONICA	STEEVE	KIRSTEN	FEDE DONATI	FEDERICA	JESSICA	ROSSANA	ALESSANDRA