

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:30 - 8:45	ASHTANGA YOGA				ASHTANGA YOGA	
10:00 - 11:30			HATHA YOGA		HATHA YOGA	HATHA YOGA
11:30 - 12:50						ASHTANGA YOGA
13:30 - 14:50	ASHTANGA YOGA		ASHTANGA YOGA			
17:00 - 18:15			HATHA YOGA (yoga dolce)			
18:30 - 20:00	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	
20:00 - 21:20	HATHA YOGA	ASHTANGA YOGA		ASHTANGA YOGA	HATHA YOGA	

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