

YOGAYUR - NATURALE BENESSERE

YOGAYUR GAZOMETRO ORARI 2018/2019 - SHALA 1

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
07:30 08:45	VINYASA YOGA FLOW Benedetta A.	YIN HATHA YOGA Megan B.	VINYASA YOGA FLOW Benedetta A.	YIN HATHA YOGA Megan B.	VINYASA YOGA FLOW Benedetta A.		
09:00 10:15	VINYASA YOGA FLOW Benedetta A.		VINYASA YOGA FLOW Benedetta A.		VINYASA YOGA FLOW Benedetta A.		
10:30 11:45		POSTURAL YOGA - IYENGAR ORIENTED Michelle M.		POSTURAL YOGA - IYENGAR ORIENTED Michelle M.		VINYASA YOGA FLOW Megan B.	HATHA YOGA Federico I.
12:00 13:00						AERIAL YOGA - YOGA IN VOLO Roberta B.	
13:15 14:15	HATHA YOGA Danila B.	VINYASA YOGA FLOW Megan B.	AERIAL YOGA - YOGA IN VOLO Jennifer G.	YIN HATHA YOGA Megan B.	HATHA YOGA FLOW Danila B.		
15:30 16:30	TAI CHI Vasco C.						
16:00 17:00			PILATES MATWORK Valentina L.				
17:00 18:00		HATHA YOGA Stephanie M.		AERIAL YOGA - YOGA IN VOLO Jennifer G.			
17:00 18:15	YOGA POSTURALE - IYENGAR ORIENTED Michelle M.		POSTURAL YOGA - IYENGAR ORIENTED Michelle M.		HATHA YOGA Stephanie M.		
18:30 19:45	VINYASA YOGA FLOW Megan B.	VINYASA YOGA FLOW Benedetta A.	HATHA YOGA FLOW Federico I.	VINYASA YOGA FLOW Benedetta A.	HATHA YOGA Stephanie M.		
20:00 21:00			AERIAL YOGA - YOGA IN VOLO Roberta B.		AERIAL YOGA - YOGA IN VOLO Jennifer G.		
20:00 21:15	YIN HATHA YOGA Megan B.			VINYASA YOGA FLOW Flavia R.			
20:15 21:30		HATHA YOGA FLOW Barbara B.					

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