

YOGAYUR - NATURALE BENESSERE

YOGAYUR GAZOMETRO ORARI 2018/2019 - SHALA 2

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
09:00 10:15				HOT YOGA Sara F.			
11:00 12:00	PILATES STUDIO Valentina L.		PILATES MATWORK Valentina L.		PILATES STUDIO Valentina L.		
13:00 14:15						HOT YOGA RESTORATIVE Sara F.	
13:15 14:15		PILATES STUDIO Michela P.	HATHA YOGA Danila B.	PILATES MATWORK Michela P.	HOT YOGA Sara F.		
14:30 15:45			HOT YOGA RESTORATIVE Sara F.				
16:00 17:00		PILATES MATWORK Valentina L.		PILATES STUDIO Valentina L.			
17:00 18:00				EDUYOGA BIMBI Federico I.			
17:00 18:15			HOT YOGA Sara F.				
18:30 19:30			TAI CHI Daniele M.				
18:30 19:45	YOGA PRE&POST NATALE Danila B.	HOT YOGA RESTORATIVE Sara F.					
20:00 21:00			MEDITAZIONE Federico I.				
20:00 21:15					PILATES MATWORK Ilaria C.		
20:30 21:30		PILATES STUDIO Ilaria C.					

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