

## YOGAYUR MONTI TIMETABLES 2019/2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 am 08:45 am			<b>ASHTANGA YOGA</b> Valentina L.		<b>HATHA YOGA FLOW</b> Valentina L.		
09:00 am 10:15 am					<b>VINYASA YOGA</b> Valentina L.		
09:15 am 10:15 am			<b>JIVAMUKTI VINYASA YOGA</b> Benedetta G.				
10:30 am 11:45 am		<b>HATHA YOGA</b> Jenny B.		<b>HATHA YOGA</b> Jenny B.			
12:00 pm 01:15 pm						<b>VINYASA YOGA FLOW</b> Valentina L.	<b>HATHA YOGA FLOW</b> Giulia N.
01:15 pm 02:15 pm	<b>HATHA YOGA FLOW</b> Stephanie M.	<b>HATHA YOGA</b> Jenny B.	<b>HATHA YOGA FLOW</b> Stephanie M.	<b>HATHA YOGA</b> Jenny B.	<b>VINYASA YOGA FLOW</b> Sara F.		
05:00 pm 06:15 pm	<b>TRADITIONAL HATHA YOGA</b> Stephanie M.	<b>POSTURAL YOGA</b> Michelle M.	<b>TRADITIONAL HATHA YOGA</b> Stephanie M.	<b>POSTURAL YOGA</b> Michelle M.	<b>YIN AND YANG YOGA</b> Sara F.		
06:30 pm 07:45 pm	<b>HATHA YOGA FLOW</b> Federico I.	<b>VINYASA YOGA FLOW</b> Giulia N.	<b>JIVAMUKTI VINYASA YOGA</b> Benedetta G.	<b>HATHA YOGA FLOW</b> Giulia N.	<b>VINYASA YOGA FLOW</b> Viola P.		
08:00 pm 09:00 pm	<b>MEDITATION</b> Federico I.						
08:00 pm 09:15 pm		<b>HATHA YOGA FLOW</b> Valentina L.	<b>VINYASA YOGA FLOW</b> Viola P.	<b>VINYASA YOGA FLOW</b> Valentina L.	<b>YIN HATHA YOGA</b> Viola P.		

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