

## YOGAYUR TIMETABLES GAZOMETRO 2019/2020 - SHALA 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01:00 pm 02:15 pm						<b>HOT YOGA RESTORATIVE</b> Sara F.	
01:15 pm 02:15 pm			<b>HATHA YOG</b> Danila B.	<b>HOT YOGA</b> Sara F.	<b>PILATES MATWORK</b> Angelica Z.		
01:30 pm 02:30 pm		<b>PILATES MATWORK</b> Marcella G.					
04:00 pm 05:00 pm		<b>STUDIO PILATES</b> Valentina L.		<b>PILATES STUDIO</b> Valentina L.			
06:30 pm 07:30 pm		<b>PILATES MATWORK</b> Angelica Z.					
06:30 pm 07:45 pm	<b>PRE AND POSTNATAL YOGA</b> Danila B.		<b>KUNDALINI YOGA</b> Roberta B.	<b>HOT YOGA</b> Sara F.			
08:00 pm 09:00 pm				<b>PILATES MATWORK</b> Angelica Z.			

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