

# YOGAYUR - NATURALE BENESSERE

## YOGAYUR MONTI ORARI 2018/2019

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
07:30 08:45	VINYASA YOGA FLOW Fabrizio D.		HATHA YOGA Fabrizio D.		VINYASA YOGA FLOW Fabrizio D.		
09:00 10:15	VINYASA YOGA FLOW Fabrizio D.		VINYASA YOGA FLOW Fabrizio D.		VINYASA YOGA FLOW Fabrizio D.		
10:30 11:45		HATHA YOGA Jenny B.		HATHA YOGA Jenny B.			
12:00 13:00	TAI CHI Vasco C.						
12:30 13:45						VINYASA YOGA FLOW Valentina L.	HATHA YOGA Valentina L.
13:15 14:15	HATHA YOGA FLOW Stephanie M.	HATHA YOGA Jenny B.	HATHA YOGA FLOW Stephanie M.	HATHA YOGA Jenny B.	ROCKET YOGA Megan B.		
17:00 18:15	HATHA YOGA Stephanie M.	POSTURAL YOGA - IYENGAR ORIENTED Michelle M.	HATHA YOGA Stephanie M.	YOGA POSTURALE - IYENGAR ORIENTED Michelle M.	YIN HATHA YOGA Megan B.		
18:30 19:45	HATHA YOGA FLOW Federico I.	VINYASA YOGA FLOW Fabrizio D.	VINYASA YOGA FLOW Viola P.	HATHA YOGA FLOW Fabrizio D.	HATHA YOGA FLOW Viola P.		
20:00 21:00	MEDITAZIONE Federico I.	YOGA NIDRA Stephanie M.					
20:00 21:15			VINYASA YOGA FLOW Viola P.		VINYASA YOGA FLOW Viola P.		
20:15 21:30				VINYASA YOGA FLOW Valentina L.			

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