

YOGAYUR TIMETABLES GAZOMETRO 2019/2020 - SHALA 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 am 08:45 am			YIN HATHA YOGA Sara F.		VINYASA YOGA FLOW Sara F.		
09:00 am 10:15 am			VINYASA YOGA FLOW Sara F.		VINYASA YOGA Sara F.		
10:30 am 11:45 am		POSTURAL YOGA Michelle M.		POSTURAL YOGA Michelle M.		VINYASA YOGA FLOW Giulia N.	HATHA YOGA FLOW Federico I.
11:00 am 12:00 pm			PILATES MATWORK Valentina L.				
12:00 pm 01:00 pm						AERIAL YOGA WITH HAMMOCKS Roberta B.	
01:15 pm 02:15 pm	HATHA YOGA Danila B.	VINYASA YOGA FLOW Sara F.	AERIAL YOGA WITH HAMMOCK Roberta B.		HATHA YOGA FLOW Danila B.		
01:30 pm 02:30 pm				PILATES MATWORK Marcella G.			
05:00 pm 06:00 pm				AERIAL YOGA WITH HAMMOCK Sara F.			
05:00 pm 06:15 pm	POSTURAL YOGA Michelle M.	MINDFUL HATHA YOGA Stephanie M.	POSTURAL YOGA Michelle M.		MINDFUL HATHA YOGA Stephanie M.		
06:30 pm 07:45 pm	VINYASA YOGA FLOW Viola P.	JIVAMUKTI VINYASA YOGA Benedetta G.	HATHA YOGA FLOW Federico I.	JIVAMUKTI VINYASA YOGA Benedetta G.	HATHA YOGA FLOW Stephanie M.		
08:00 pm 09:00 pm			AERIAL YOGA WITH HAMMOCK Roberta B.		AERIAL YOGA WITH HAMMOCK Giulia N.		
08:00 pm 09:15 pm	YIN HATHA YOGA Viola P.	HATHA YOGA FLOW Paolo M.		HATHA YOGA FLOW Paolo M.			

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