

ZOI YOGA

SCUOLA 1

2023 - 2024

LUN

MAR

MER

GIO

VEN

SAB

HATHA YOGA 07.00 - 08.00	PILATES 07.00 - 08.00	HATHA YOGA 08.00 - 09.00	HATHA YOGA 08.00 - 09.00	HATHA YOGA 07.00 - 08.00	
HATHA YOGA 8.45 - 10.15	PILATES 08.30 - 09.30	HATHA YOGA 9.15 - 10.45	YOGA E RESPIRAZIONE 09.15 - 10.15	HATHA YOGA 08.45 - 10.15	HATHA YOGA 08.30 - 10.00
YOGA IN GRAVIDANZA 11.00 - 12.00		YOGA MAMMA E BEBE 11.00 - 12.00	YOGA IN GRAVIDANZA 11.00 - 12.00	HATHA YOGA 11.00 - 12.00	HATHAYOGA INTERMEDIO 10.30 - 12.00
HATHA YOGA 12.45 - 13.45	HATHA YOGA 12.45 - 13.45	HATHA YOGA 12.45 - 13.45	HATHA YOGA 12.45 - 13.45	VINYASA INTERMEDIO 12.45 - 13.45	HATHA YOGA 12.30 - 13.30
	HATHA YOGA 14.00 - 15.00			HATHA YOGA 15.00 - 16.00	YOGA IN GRAVIDANZA 15.00 - 16.00
STARE BENE IN ONCOLOGIA 15.00 - 16.00	HATHA YOGA 15.30 - 16.30	STARE BENE IN ONCOLOGIA 15.00 - 16.00			YOGA PER LA FERTILITA' 16.30 - 17.30
HATHA YOGA 16.45 - 17.45	YOGA IN GRAVIDANZA 16.45 - 17.45	YOGA BAMBINI 16.50 - 17.50	YOGA ADOLESCENTI 16.45 - 17.45	HATHA YOGA 16.45 - 17.45	
HATHA YOGA 18.15 - 19.45	HATHA YOGA INTERMEDIO 18.00 - 19.30	HATHA YOGA 18.15 - 19.45	YIN YOGA RELAX 18.15 - 19.30	HATHA YOGA 18.00 - 19.30	
HATHA YOGA INTERMEDIO 20.15 - 21.45	HATHA YOGA 20.00 - 21.30	HATHA YOGA 20.00 - 21.30	HATHA YOGA INTERMEDIO 20.15 - 21.45	HATHA YOGA 20.00 - 21.30	

INFO E ISCRIZIONI:

 **ANNA 351 779 9067**

LO STUDIO SI TROVA AD ARESE, IN VIA GIANNETTO MATTEI / PIAZZA DELLE MIMOSE