

|                  | LUN                        | MAR                                 | MER                                      | GIO                                 | VEN                                      | SAB                                  | DOM                       |
|------------------|----------------------------|-------------------------------------|--|-------------------------------------|--|--------------------------------------|---------------------------|
| 6:30 - 7:30      |                            | ASHTANGA<br>MYSORE<br>(6:30 - 9:00) |  | ASHTANGA<br>MYSORE<br>(6:30 - 9:00) |  |                                      |                           |
| 7:30 - 8:30      |                            |                                     |  |                                     | YOGA<br>ASCOLTO                          | ASHTANGA<br>GUIDATA<br>(8:00 - 9:30) | YOGA +IO<br>(8:00 - 9:30) |
| 9:00 - 10:30     | YOGALATES                  | YOGA +IO                            | YOGA &<br>RESPIRAZIONE<br>(9:00 - 10:00) | VINYASA FLOW<br>(9:00 - 10:00)      | YOGA &<br>RESPIRAZIONE<br>(9:00 - 10:00) | YOGA<br>EQUILIBRIO<br>(9:30 - 11:00) |                           |
| 10:30 - 12:00    |                            |                                     | YOGA &<br>RESPIRAZIONE                   |                                     | YOGA &<br>RESPIRAZIONE                   |                                      |                           |
| 13:00 - 14:00    |                            |                                     | FLEXY YOGA                               | YIN YOGA                            | FLEXY YOGA                               |                                      |                           |
| 14:00 - 15:00    | YOGALATES                  | VINYASA FLOW                        | YOGALATES                                | VINYASA FLOW                        | YOGA +IO                                 |                                      |                           |
| 17:00 - 18.00    | YOGA &<br>RESPIRAZIONE     | YOGALATES<br>(18:00 - 19:00)        |  |                                     |  |                                      |                           |
| 18:00 - 19:30    | KUNDALINI &<br>MEDITAZIONE |                                     | HATHA<br>(18:30 - 19:30)                 | YOGALATES<br>(18:00 - 19:00)        | HATHA<br>(18:30 - 19:30)                 | ASHTANGA<br>GUIDATA                  |                           |
| 19:30 - 20:30    | YIN & SOUND                | YOGA ASCOLTO<br>19.00-20.30         |  | YOGA EQUILIBRIO<br>(19:00 - 20:30)  |  |                                      |                           |
| 20:30 -<br>22:00 | YOGA &<br>RESPIRAZIONE     |                                     | YOGA + IO<br>& MEDITAZIONE               | ROAD TO<br>HANDSTAND                |  |                                      |                           |