

Lunedì

YOGA

10.30 / 12.00

YOGA

19.00 / 20.15



Martedì

STRETCHING PILATES

9.00 / 10.00

YOGA

13.00 / 14.00

YOGA IN GRAVIDANZA

18.45 / 20.00

TAI CHI

18.00 / 19.00 BASE
19.00 / 20.30 AVANZATO

DANZE AFRICANE

20.30 / 22.00

TONIC STRETCHING

21.00 / 22.00

Mercoledì

TONIC STRETCHING

8.30 / 9.30

PILATES

17.00 / 18.00

POSTURAL

18.30 / 19.30

PILATES

19.30 / 20.30

Giovedì

TOTAL BODY

9.00 / 10.00

YOGA

10.30 / 12.00

YOGA

13.00 / 14.00

BIO ENERGETICA

18.30 / 20.00

YOGA

19.00 / 20.15

Venerdì

TONIC STRETCHING

8.30 / 9.30

TAI CHI

18.00 / 19.30

MEDITAZIONE ZEN

19.30 / 21.00

TONIC STRETCHING

21.00 / 22.00

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