

YOGACADEMY – CALENDARIO LEZIONI – da SETT 2022

GIORNI ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10:00						HATHA VINYASA YOGA
10:00						GUIDATA ASHTANGA VINYASA YOGA
10:30	HATHA VINYASA YOGA		HATHA VINYASA YOGA REGENERATIVE			
13:00				HATHA VINYASA YOGA		
18:30	HATHA VINYASA YOGA	INTRODUCING AIR YOGA	HATHA VINYASA YOGA	YOGA KIDS	SHIVA YOGA	
18:30	GUIDATA ASHTANGA VINYASA YOGA	GUIDATA ASHTANGA VINYASA YOGA E MYSORE SELF PRACTICE ASHTANGA VINYASA YOGA	GUIDATA ASHTANGA VINYASA YOGA	GUIDATA ASHTANGA VINYASA YOGA E MYSORE SELF PRACTICE ASHTANGA VINYASA YOGA		
20:00	HATHA VINYASA YOGA	AIR YOGA	HATHA VINYASA YOGA	AIR YOGA		
20:00						
20:00		RAJA YOGA				