

YOGACADEMY - CALENDARIO SETTIMANALE LEZIONI -

ORARI	Ore 10.00	Ore 10.30	Ore 18.30	Ore 19,30	Ore 20,00	Ore 20,15	Ore 21,00
GIORNI							
LUNEDI		HATHA VINYASA YOGA	HATHA VINYASA YOGA			HATHA VINYASA YOGA	
MARTEDI		HATHA VINYASA YOGA	GUIDATA I SERIE ASHTANGA VINYASA YOGA <hr/> INTRODUCING AIR YOGA		AIR YOGA ADVANCED		MEDITAZIONE
MERCOLEDI			GUIDATA ASHTANGA VINYASA YOGA			HATHA VINYASA YOGA	
GIOVEDI			GUIDATA ASHTANGA VINYASA YOGA	HATHA VINYASA YOGA AIR YOGA ADVANCED			
VENERDI			HATHA VINYASA YOGA MYSORE Self Practice Ashtanga Vinyasa Yoga – ingresso entro le 19.00				
SABATO	HATHA VINYASA YOGA	GUIDATA ASHTANGA VINYASA YOGA					