



Palinsesto

Durata lezione: 60 minuti

*** Per Mindfulness e Meditazione consultare gli appositi calendari.**

*** Il corso di Yoga Prenatale verrà attivato in base alle richieste.**

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
SALA FLY	SALA FLOW	SALA FLY	SALA FLOW	SALA FLY	SALA FLOW	SALA FLY	SALA FLOW	SALA FLY	SALA FLOW	SALA FLY	SALA FLOW
h 9.15 AERIAL DANCE LIV. 2 (Blima)			h 8.00 HATHA YOGA ANUKALANA (Silvia)								
		h 11.15 FUSION AERIAL FIT (Blima)	h 10.00 AERIAL YOGA (Silvia)						h 10.00 YOGA TERZA ETA' (Silvia)		
									h 13.00 AERIAL YOGA (Silvia)		h 12.00 ANIMAL FLOW DESTRUTTURATO (Gaia)
h 15.00 AERIAL HOOP LIV. 2 (Blima)		h 13.45 AERIAL DANCE LIV. 3 (Blima)							h 15.00 PRENATAL YOGA (Silvia)		
	h 17.30 PRENATAL YOGA (Silvia)			h 17.45 AERIAL HOOP LIV. 1 (Blima)	h 17.30 ANIMAL FLOW (Gaia)		h 17.30 PRENATAL YOGA (Silvia)		h 17.00 ANIMAL FLOW (Gaia)		
h 19.00 AERIAL HOOP LIV. 1 (Blima)	h 18.45 AERIAL YOGA (Silvia)	h 19.00 AERIAL DANCE LIV. 1 (Blima)	h 18.45 FEET UP YOGA (Silvia)	h 19.00 AERIAL DANCE LIV. 2 (Blima)	h 18.50 ACTIVE MOBILITY (Gaia)	h. 18.45 POLE DANCE (Silvia M.)	h 18.45 AERIAL YOGA (Silvia)		h 18.45 MINDFULNESS (Silvia)		
h 20.15 AERIAL HOOP LIV. 2 (Blima)	h 20.15 AERIAL YOGA (Silvia)	h 20.15 AERIAL DANCE LIV. 2 (Blima)	h 20.15 AERIAL YOGA (Silvia)	h 20.15 AERIAL DANCE LIV. 3 (Blima)	h 20.00 ANIMAL FLOW (Gaia)	h. 20.00 POLE DANCE (Silvia M.)	h 20.15 HATHA YOGA ANUKALANA (Silvia)		h 20.15 MEDITAZIONE (Silvia)		