

| LUN | MAR | MER | GIO | VEN | SAB | DOM |
|--|--|---|---|---|---|-----|
| <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 6.45—8.30 Avanzato </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Ashtanga 7.00—8.15 Base </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 6.45—8.30 Avanzato </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 6.45—8.30 Avanzato </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Ashtanga 7.00—8.15 Intermedio </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 6.45—8.30 Avanzato </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Vinyasa 7.15—8.15 Intermedio </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Prima serie Ashtanga 7.00—8.15 Avanzato </div> | | |
| 9.00 | | | | | | |
| <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Flow 9.00—10.00 Base </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Meditazione 10.00—10.15 Base </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Vinyasa 10.30—11.30 Intermedio </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Hatha 9.00—10.00 Base </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Meditazione 10.00—10.15 Base </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Hatha 9.00—10.00 Base </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Meditazione 10.00—10.15 Base </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Yin Yoga & Nidra 10.30—11.30 Base </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Kundalini 9.00—10.00 Intermedio </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Yoga in gravidanza 9.00—10.00 Base </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Hatha 9.00—10.00 Base </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> A rotazione* 9.00—10.00 Multilivello </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> A rotazione* 10.30—11.45 Multilivello </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> A rotazione 12.00—13.00 Multilivello </div> | |
| 13.00 | | | | | | |
| <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Vinyasa 13.00—14.00 Intermedio </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Flow 13.00—14.00 Intermedio </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Balance & Inversion 13.00—14.00 Avanzato </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Flow 13.00—14.00 Base </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Hatha 13.00—14.00 Intermedio </div> | | |
| 17.00 | | | | | | |
| <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 17.45—19.45 Avanzato </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Yoga in gravidanza 18.30—19.30 Base </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Rocket 18.30—19.45 Intermedio </div> | <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 17.45—19.45 Avanzato </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore 19.30—21.15 Avanzato </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Introduzione allo Yoga 18.45—19.45 Introduzione </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Pranayama 18.00—19.00 Base </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> Mysore Autogestione 17.15—19.00 Avanzato </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Ashtanga 19.15—20.30 Intermedio </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> A rotazione 18.00—19.00 Multilivello </div> | |
| 20.00 | | | | | | |
| <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Introduzione allo Yoga 20.00—21.00 Introduzione </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Flow 20.00—21.15 Base </div> | <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Ashtanga 20.00—21.15 Intermedio </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Flow to Yin 20.00—21.15 Base </div> | | | |