

ZOI YOGA CLASSES

ORARIO 2021

LUN	MAR	MER	GIO	VEN	SAB
HATHA YOGA 07.00 - 08.00	PILATES 07.00 - 08.00	YOGA POSTURALE 08.45 - 09.45	HATHA YOGA 07.00 - 08.00	HATHA YOGA 07.00 - 08.00	HATHA YOGA 08.30 - 10.00
HATHA YOGA 8.45 - 10.15	PILATES 08.30 - 09.30		YIN YOGA RELAX 08.45 - 09.45		
VINYASA YOGA BASE 10.30 - 11.30	YOGA IN GRAVIDANZA 10.00 - 11.00	YOGA IN GRAVIDANZA 10.00 - 11.00	YOGA IN GRAVIDANZA 10.00 - 11.00	YOGA IN GRAVIDANZA 10.00 - 11.00	YOGA POSTURALE 10.30 - 11.30
	MAMME E BEBÈ 11.15 - 12.15				HATHA YOGA INTERMEDIO 10.30 - 12.00
HATHA YOGA PAUSA PRANZO 12.45 - 13.45	YIN YOGA RELAX 12.45 - 13.45	HATHA YOGA 12.45 - 13.45	HATHA YOGA PAUSA PRANZO 12.45 - 13.45	VINYASA INTERMEDIO 12.45 - 13.45	
YOGA BAMBINI 6/10 17.00 - 18.00	YOGA ADOLESCENTI 16.45 - 17.45	YOGA BAMBINI 6/10 17.00 - 18.00	YOGA ADOLESCENTI 16.45 - 17.45	YOGA BAMBINI 3/5 17.00 - 18.00	YOGA IN GRAVIDANZA 15.00 - 16.00
	HATHA YOGA INTERMEDIO 18.00 - 19.30			VINYASA (ZOI CARE) 18.30 - 19.30	GENITORE BAMBINO 3/5 16.30 - 17.30
HATHA YOGA 18.15 - 19.45	HATHA YOGA 19.45 - 20.45	HATHA YOGA 18.15 - 19.45	YIN YOGA RELAX 18.15 - 19.30	HATHA YOGA 18.00 - 19.30	
HATHA YOGA 20.15 - 21.45	HATHA YOGA 21.00 - 22.00	HATHA YOGA 20.15 - 21.45	HATHA YOGA INTERMEDIO 20.15 - 21.45	HATHA YOGA 19.45 - 21.30	
	VINYASA YOGA ZOI CARE 18.15 - 19.15			VINYASA YOGA ZOI CARE 18.15 - 19.15	

Prenota la tua classe di prova e iscriviti al: 346 046 70 55 Lucia oppure Anna 351 7799067

TI ASPETTIAMO SUL TAPPETINO!

