

ZOI YOGA

SCUOLA 1

2022 - 2023

LUN	MAR	MER	GIO	VEN	SAB
HATHA YOGA Marzia 07.00 - 08.00	PILATES Jenny 07.00 - 08.00				
HATHA YOGA Marzia 8.45 - 10.15	PILATES Jenny 08.30 - 09.30	HATHA YOGA Ambra 9.15 - 10.45	YIN YOGA RELAX Lucia 09.15 - 10.15	HATHA YOGA Marzia 08.45 - 10.15	HATHA YOGA Marzia 08.30 - 10.00
YOGA IN GRAVIDANZA 10.30 - 11.30	HATHA YOGA Ambra 10.45 - 12.15		YOGA IN GRAVIDANZA Lucia 10.30 - 11.30		HATHAYOGA INTERMEDIO Lucia 10.30 - 12.00
HATHA YOGA Ambra 12.45 - 13.45	YIN YOGA RELAX 12.45 - 13.45	HATHA YOGA Marzia 12.45 - 13.45	HATHA YOGA Lucia 12.45 - 13.45	VINYASA INTERMEDIO Marzia 12.45 - 13.45	HATHA YOGA Ambra 12.30 - 13.30
				HATHA YOGA Ambra 15.00 - 16.00	YOGA IN GRAVIDANZA Ambra 15.00 - 16.00
		YOGA ADOLESCENTI Ambra 16.45 - 17.45		ONLINE YOGA IN GRAVIDANZA Ambra 16.30 - 17.30	
HATHA YOGA Lucia 18.15 - 19.45	HATHA YOGA INTERMEDIO Lucia 18.00 - 19.30	HATHA YOGA Marzia 18.15 - 19.45	YIN YOGA RELAX Lucia 18.15 - 19.30	HATHA YOGA 18.00 - 19.30	
HATHA YOGA Simona 20.15 - 21.45	HATHA YOGA 20.00 - 21.30	HATHA YOGA Lucia 20.00 - 21.30	HATHAYOGA INTERMEDIO Marzia 20.15 - 21.45	HATHA YOGA Ambra 20.00 - 21.30	

PROVA GRATUITA, CONTATTACI!



ANNA 351 779 9067



ZOIYOGA.IT

f @ZOIYOGA **ZOIYOGA**