





















<i>corsi</i>	09 .00 .30	10 .00 .30	11 .00 .30	12 .00 .30	13 .00 .30	14 .00 .30	15 .00 .30	16 .00 .30	17 .00 .30	18 .00 .30	19 .00 .30	20 .00 .30	21 .00 .30
<i>lunedì</i>													
<i>martedì</i>													
<i>mercoledì</i>													
<i>giovedì</i>													
<i>venerdì</i>													



Yoga



Yoga Posturale



Yoga Nidra



Pilates