





















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



Yoga



Yoga Posturale



Yoga Nidra



Pilates