
























corsi	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