

YOGA STALINGRADO

	LUN	MAR	MER	GIO	VEN
IYENGAR YOGA		19:15 - 20:15 BASE		19:15 - 20:30 OPEN	
		20:15 - 21:30 AVANZATO			

	LUN	MAR	MER	GIO	VEN
PILATES	13:15 - 14:15		13:15 - 14:15		
		18:00 - 19:00		18:00 - 19:00	

	LUN	MAR	MER	GIO	VEN	SAB
FLOWFIT CORE STREIGHT						09:30 - 10:30
		13:30 - 14:30		13:30 - 14:30		

	LUN	MAR	MER	GIO	VEN
GINNASTICA DOLCE	9:30 - 10:30		9:30 - 10:30		9:30 - 10:30