

CALENDARIO RYOGA SALLUSTIANO

LUNEDI		
8:00-9:00 Pilates Matwork Karin	7:45-8:45 Early Rise Sarah	
9:15-10:15 Hatha Sarah	09:00-10:15 Synergy Flow Deborah	
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Barre Heloise	12:00-13:00 Postural Pilates Matwork Antonella	
13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Samuela	
16:15-17:15 Vinyasa Flow Alexandru		
17:30-18:30 Barre Alexandru		
18:30-19:30 Power Mat Alexandru	18:15-19:30 Iyengar Mayumi	18:15-19:15 Pilates Matwork Camilla
		19:30-20:30 Hatha Matteo
19:45-21:00 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	

MARTEDI		
7:45-8:45 Pilates Sculpt Clotilde	8:00-9:00 Pilates Matwork Vanessa	
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona	
17:15-18:15 Barre Vanessa		
18:30-19:30 Hatha Francesco P.	18:15-19:15 Pilates Matwork Stefano	
	19:30-20:45 Candle Light Hatha Chiara	
19:45-20:45 Mat Workout Stefano		

MERCOLEDI		
8:00-9:00 Pilates Matwork Karin	7:45-8:45 Mat Workout Stefano	7:45-8:45 Early Rise Sarah
9:00-10:15 Iyengar Fabiola		9:15-10:15 Hatha Sarah
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Pilates Matwork Heloise		
13:15-14:15 Barre Heloise	13:15-14:30 Ashtanga Mysore Samuela	13:30-14:30 Pilates Matwork Antonella
17:15-18:15 Power Mat Camilla		
	18:15-19:30 Iyengar Mayumi	18:15-19:15 Pilates Matwork Camilla
18:30-19:30 Hot yin Benedetta P.		
		19:30-20:30 Sound Hatha Federica
19:45-21:00 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	

GIOVEDI		
8:00-9:00 Pilates Matwork Vanessa	7:45-8:45 Pilates Sculpt Clotilde	
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona	
17:15-18:15 Restorative Meditation Sarah		
	18:15-19:15 Pilates Matwork Stefano	
18:30-19:30 Hatha Francesco P.		
		19:30-20:45 Candle Light Hatha Chiara
19:45-20:45 Mat Workout Stefano		

VENERDI		
8:00-9:00 Pilates Matwork Karin	7:45-8:45 Mat Workout Stefano	
9:00-10:15 Iyengar Fabiola	9:15-10:15 Power Mat Alessandro	
10:30-11:45 Power Vinyasa Alessandro		
12:00-13:00 Barre Heloise		
13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Giada	
17:30-18:30 Barre Alexandru	18:00-19:00 Restorative Madeira	
18:45-19:45 Power Mat Alexandru	19:15-20:15 Vinyasa Flow Madeira	19:00-20:00 Hatha Caterina

SABATO		
9:15-10:15 Barre Vanessa	9:45-10:45 Pilates Matwork Chiara C.	
10:30-11:45 JM Vinyasa Federico	11:00-12:00 Introduzione allo Yoga Chiara	
12:00-13:30 Ashtanga Maura Samuela Giada	12:15-13:15 Yin Chiara	

Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.