

CALENDARIO RYOGA TRASTEVERE

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		DOMENICA	
8:15-9:15 Iyengar Mayumi		8:15-9:15 Iyengar Anita		8:15-9:15 Hatha Matteo		8:15-9:15 Iyengar Anita		8:15-9:15 Iyengar Mayumi					
		8:30-10:00 Ashtanga Maura				8:30-10:00 Ashtanga Maura							
9:30-10:30 Pilates Matwork Stefano		9:30-10:30 Hatha Nike		9:30-10:30 Pilates Matwork Stefano		9:30-10:30 Hatha Nike		9:30-10:30 Pilates Matwork Antonella		10:00-11:00 Hatha Flow Stefano		10:00-11:00 Synergy Flow Deborah	
10:45-12:00 Odaka Camilla		10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico		10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico				ENG 11:15-12:00 ASHA Parisa	
12:05-13:05 Barre Camilla	12:15-13:30 Advanced Power Vinyasa Giorgia	12:00-13:00 HIIT Eleonora	12:00-13:15 Iyengar Fabiola	12:05-13:05 Yoga Postural Stefano	12:15-13:30 Advanced Power Vinyasa Giorgia	12:00-13:00 HIIT Eleonora	12:00-13:15 Iyengar Fabiola	12:05-13:05 Barre Camilla		11:15-12:15 Barre Vanessa		12:15-13:15 Sunday Surprise Classe a rotazione	
13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Mat Workout Stefano		13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Mat Workout Stefano		13:15-14:30 Vinyasa Flow Madeira		12:30-13:30 Pilates Matwork Vanessa			
			14:00-15:15 Iyengar liv.2 Fabiola				14:00-15:15 Iyengar liv.2 Fabiola			14:00-15:00 Aerial Yoga Federica			
										15:15-16:15 Sound Yin Federica			
16:45-18:00 Power Vinyasa Alessandro	17:00-18:00 Barre Francesca F.	17:15-18:15 Hatha Matteo	17:00-18:00 Power Mat Camilla	16:45-17:45 Ballet Sculpt Alexandru	16:45-18:00 Power Vinyasa Alessandro	17:15-18:15 Hatha Matteo	17:00-18:00 Power Mat Camilla	17:00-18:00 Odaka Camilla	17:00-18:00 Barre Francesca F.	16:30-17:45 Hatha Matteo			
18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Francesca F.	18:30-19:30 Meditazione Damiano	18:30-19:45 Vinyasa Flow Benedetta P.	18:15-19:15 Circuit Pilates Eleonora	18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Chiara	18:30-19:45 Vinyasa Flow Benedetta P.	18:15-19:15 Circuit Pilates Eleonora	18:00-19:15 Iyengar Anita	18:30-19:45 Iyengar liv.2 Fabiola			
	19:30-20:30 Pilates Matwork Simona P.	19:45-20:45 Myofascial Madeira	19:30-20:30 Barre Camilla			19:30-20:30 Pilates Matwork Simona P.							
19:45-21:00 Shastra Flow Damiano		20:00-21:00 Hot Yin Benedetta P.		19:45-21:00 Shastra Flow Damiano			20:00-21:00 Hot Yin & Somatic Benedetta P.	19:30-20:30 Barre Camilla		19:30-20:30 Pilates Matwork Simona P.			
Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.													