

7:15/8:30 **Prana Vashya** - Fabrizio  
 11:00/12:00 **Vinyasa** - Giada  
 13:00/14:00 **Prana Vashya Lite** - Barbara

# lunedì

18:30/19:45 **Back Bending** - Barbara  
 20:00/21:00 **Vinyasa** - Elisa

10:00/10:45 **Surf Fit Circuit** - Marzia  
 11:00/12:00 **Vinyasa** - Fabrizio

# martedì

13:00/14:00 **Rocket** - Beatrice  
 18:30/19:45 **Vinyasa** - Marco

7:15/8:30 **Ashtanga** - Max  
 11:00/11:50 **Booty and Core** - Bianca

# mercoledì

13:00/14:00 **Back Bending** - Fabrizio  
 18:00/20:00 **Dhyana Vinyasa** - Barbara  
 Meditazione + Pratica

\* 10:15/11:00 **Circuito Funzionale** - Leonardo  
 11:00/12:00 **Vinyasa** - Fabrizio

# giovedì

13:00/13:50 **Surf Fit Circuit** - Marzia  
 18:45/20:15 **Prana Vashya** - Fabrizio

7:45/8:45 **Vinyasa** - Elisa  
 11:00/12:00 **Vinyasa** - Marzia

# venerdì

13:00/14:15 **Dharma** - Mark Kan  
 18:30/20:00 **Back Bending** - Fabrizio

11:00/12:30 **On Rotation**  
 17:00/18:30 **On Rotation**

# sab/dom

11:00/12:30 **On Rotation**  
 17:00/18:30 **On Rotation**

\* A pagamento