



Orario **OLISTICO** autunno 2024

Lunedì

07:00/08:00	Power Pilates
13:30/14:30	Stretching Flexibility
17:30/18:30	Soul Dance Yoga
18:30/19:45	Hatha Yoga - Alessandro
20:15/21:30	Hatha Yoga - Alessandro

Martedì

09:30/10:30	Pilates
17:30/18:30	Stretching Flexibility
18:30/19:30	Pilates
20:00/21:00	Vinyasa Yoga

Mercoledì

07:00/08:00	Power Pilates
08:30/09:30	Vinyasa Yoga
10:00/11:00	Stretching Posturale
17:30/18:30	Meditazione Yoga
18:30/19:45	Hatha Yoga - Alessandro
20:15/21:30	Hatha Yoga - Giorgia

Giovedì

12:00/13:15	Hatha Yoga - Valentina
13:30/14:45	Hatha Yoga - Valentina
18:00/19:00	Pilates
19:00/20:00	Vinyasa Yoga
20:00/21:00	Verticalismo

Venerdì

09:30/10:30	Pilates
18:30/19:45	Hatha Yoga - Giorgia
20:15/21:30	Hatha Yoga - Giorgia

Sabato

09:00/10:00	Stretching Flexibility
10:00/11:15	Verticalismo
11:15/12:15	Vinyasa Yoga

La Secca Arenzano

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I nostri istruttori:

IRENE - LETIZIA - ROBERTA

CARLOTTA - ERIKA

ALEX - VALENTINA - GIORGIA