

Orario dei Corsi

Yoga|Meditazione|Aikido|Karate|Osteovita

LUN	MAR	MER	GIO	VEN
9:15 - 10:15 OSTEO VITA	9:30 - 10:30 YOGA SENIOR	9:15 - 10:15 OSTEO VITA		9:30 - 10:30 YOGA SENIOR
	13:10 - 14:10 YOGA			13:10 - 14:10 YOGA
	13:30 - 14:30 AIKIDO		13:30 - 14:30 AIKIDO	
	17:45 - 18:45 YOGA			17:45 - 18:45 YOGA
18:00 - 19:00 AIKIDO KIDS	18:00 - 19:00 KARATE KIDS	18:30 - 19:30 YOGA NIDRA	18:00 - 19:00 AIKIDO KIDS	18:00 - 19:00 KARATE KIDS
19:00 - 20:00 AIKIDO	19:00 - 20:00 YOGA	19:30 - 20:30 YOGA	19:00 - 20:00 AIKIDO	19:00 - 20:00 YOGA
20:15 - 21:15 YOGA	20:00 - 21:00 YOGA SADHAKA	20:30 - 21:30 PRANAYAMA	20:15 - 21:15 YOGA	20:00 - 21:00 MEDITAZIONE
21:15 - 22:15 MEDITAZIONE	20:00 - 21:00 KARATE		21:15 - 22:15 MEDITAZIONE	20:00 - 21:00 KARATE
	21:00 - 22:00 AIKIDO			