



Officina del Benessere

ORARI DAL 24/06/2019

ORARI	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7,00						
7,15						
7,30		07.00. flyboard risveglio		07.00 h.e.a.t program risveglio	07.00 Yoga risveglio	
7,45						
8,00						08.00 Allenamento Funzionale
8,15						
8,30						
8,45						8.30. H.e.a.t. Program
9,00						
9,15					09.00 hatha yoga	
9,30						
9,45	09.30 Hatha Yoga			09.30 hatha yoga		09.30 Flyboard
10,00						
10,15						
10,30						
10,45						10.30 Yin Yoga
11,00						
11,15						
11,30						
11,45						
12,00						
12,15						
12,30						
12,45						
13,00						
13,15		13.00 H.e.a.t. Program	13.00 Hatha yoga/ Yin Yoga		13.00 Flyboard	
13,30						
13,45						
14,00						
14,15						
14,30						
14,45						
15,00						
15,15						
15,30						
15,45						
16,00						
16,15						
16,30						
16,45						
17,00						
17,15						
17,30						
17,45						
18,00						
18,15	18.00 Flyboard	18.00 Hatha Yoga	18.00 H.e.a.t. program	18.00 Flyboard	18.00 Hatha Yoga	
18,30						
18,45						
19,00						
19,15	19.00 H.e.a.t. Program			19.00 H.e.a.t. Program		
19,30		19.15 Flyboard			19.15 Flyboard	
19,45						
20,00			19.30 YOGA AL PARCO			
20,15	20.00 Shiva Flow	20.00 H.e.a.t Program		20.00 Yin Yoga	20.00 H.e.a.t. Program advanced	
20,30						
20,45						
21,00						
21,15						