

LUNEDI	MARTEDI	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
	9:00 ODAKA YOGA	8:00 ODAKA YOGA	9:00 ODAKA YOGA		10:00 ODAKA YOGA
	13:30 VINYASA		13:30 VINYASA		
				16:00 YOGA PRENATALE	
17:30 ODAKA YOGA		17:30 ODAKA YOGA			
18:50 ASA POSTURALE		18:50 ASA POSTURALE		18:30 FISIOSTRECHI NG	
	19:00 ODAKA YOGA		19:00 ODAKA YOGA		
			20:00 MEDITAZIONE		