



CENTRO NATURA CORSI 2016 - 2017

H	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		DOMENICA	
	SALA A	SALA B	SALA A	SALA B	SALA A	SALA B	SALA A	SALA B	SALA A	SALA B	SALA A	
7-8			7.00-8.15 KUNDALINI YOGA*				7.00-8.15 KUNDALINI YOGA*					
8-9												
9-10			8.45-10.00 KUNDALINI YOGA*				8.45-10.00 KUNDALINI YOGA*					
10-11												
11-12	11.30-12.30 GINNASTICA POSTURALE				11.30-12.30 GINNASTICA POSTURALE				11.30-12.30 GINNASTICA POSTURALE			
12-13												
13-14	13.30-14.45 POWER YOGA	13.45-15.00 KUNDALINI YOGA*			13.30-14.45 POWER YOGA	13.45-15.00 KUNDALINI YOGA*			13.45-15.00 KUNDALINI YOGA*			
14-15	14.00-16.00 PURNA YOGA	15.00-16.15 KUNDALINI YOGA*		14.30-16.00 HATA YOGA*	14.00-16.00 PURNA YOGA	15.00-16.15 KUNDALINI YOGA*			15.00-16.15 KUNDALINI YOGA*	14.30-16.00 HATA YOGA*		
15-16			PILATES				PILATES					
16-17												
17-18		TAI CHI*		FAMILY YOGA			17.30-18.30 HATHA YOGA		TAI CHI*		17.00-19.00 IYENGAR YOGA	
18-19												
19-20	19.00-20.30 ASHTANGA VINYASA	YOGA DINAMICO	HATHA YOGA		19.00-20.30 ASHTANGA VINYASA	YOGA DINAMICO	HATHA YOGA		19.00-20.30 YOGA			
20-21		20.45-22.00 KUNDALINI YOGA	MEDITAZIONE			20.45-22.00 KUNDALINI YOGA						
21-22												