

ACADEMIES

YOGA

Sabato, 22.08.	Domenica, 23.08.	Lunedì, 24.08.	Martedì, 25.08.	Mercoledì, 26.08.	Giovedì, 27.08.	Venerdì, 28.08.	Sabato, 29.08.
17:00 – 18:00 🧘 Feel Good Yoga-Flow Gabriela 📍 Palestra	17:00 – 18:00 Bodyweight Workout Gabriela 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Gabriela 📍 Rooftop	17:00 – 18:00 Bodyweight Workout Gabriela 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Gabriela 📍 Rooftop	17:00 – 18:00 Bodyweight Workout Gabriela 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Gabriela 📍 Rooftop	16:00 – 17:00 Bodyweight Workout Laura 📍 Palestra 17:00 – 18:00 🧘 Yoga Serale Gabriela 📍 Palestra

ACADEMIES

YOGA

Domenica, 30.08.	Lunedì, 31.08.	Martedì, 01.09.	Mercoledì, 02.09.	Giovedì, 03.09.	Venerdì, 04.09.	Sabato, 05.09.
17:00 – 18:00 Bodyweight Workout Laura 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Laura 📍 Rooftop	17:00 – 18:00 Bodyweight Workout Laura 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Laura 📍 Rooftop	17:00 – 18:00 Bodyweight Workout Laura 📍 Palestra	07:00 – 08:00 🧘 Sunrise Yoga Laura 📍 Rooftop	17:00 – 18:00 Bodyweight Workout Laura 📍 Palestra