



PLANNING 2019 - 2020

		Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9:00	10:00	Hatha Yoga Fundamentals	Wake Up Workout	Wake Up Work Up	Hatha Yoga Fundamentals	Wake Up Workout	Yoga
10:00	11:00	Hatha Yoga	Kundalini Yoga	Sky Yoga	Hatha Yoga	Kundalini Yoga	Sky Yoga
11:00	12:00	Yopida	Sky Yoga	Booty Barre	Yopida	Sky Yoga	Functional Training
13:00	13:45	Punch high intensity	Functional Training high intensity	Sky Yoga high intensity	Punch high intensity	Functional Training high intensity	
13:45	14:45	Vinyasa Flow Yoga	Sky Yoga	Functional Training	Vinyasa Flow Yoga	Sky Yoga	<i>Pole Dance Special Class</i>
14:45	15:45						
14:45	15:30						
15:30	16:30	Sky Yoga Junior				Sky Yoga Junior	
16:30	17:30	Functional Training	Punch Junior	Sky Yoga	Functional Training	Punch Junior	
17:30	18:30	Sky Yoga	Booty Barre	Fuctional Training	Sky Yoga	Booty Barre	
18.30	19:30	Pole Dance intermediate	Functional Training high intensity	Sky Yoga	Functional Training high intensity	Pole Dance intermediate	
19:30	20:30	Pole Dance beginner	Sky Yoga	Yoga Integrale	Sky Yoga	Pole Dance beginner	
20:30	21:30	Sky Yoga				Sky Yoga	