

SALA VERDE

Corsi Settimanali



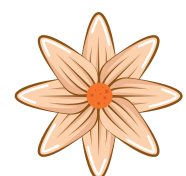
Lunedì

09.00-10.00

Ginnastica
Posturale
Barbara

10.15-11.15

Ginnastica
posturale
Gaia



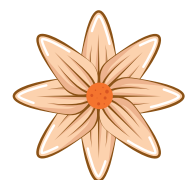
19.00-20.00

Pilates Athletic
Cristina

20.15-21.45

Yin Yoga
Yoga Nidra
Donata

Martedì



12.45-13.30

Benessere in
pausa pranzo
Laura

17.00-19.00

Taiji e qi gong
Antonio

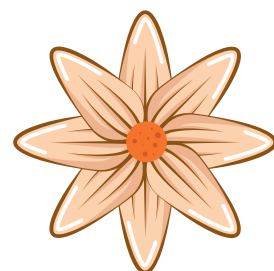
19.00-20.00

Hatha Yoga
Elisa

20.15-22.15

Autostima e
pensiero creativo
Laura

Mercoledì



19.00-20.00

Mat Pilates
Cristina

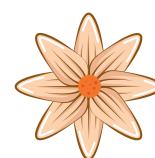
20.15-21.45

Hatha Yoga
Donata

Giovedì

12.45-13.45

Yoga
Sciamanico
Barbara



18.30-19.30

Ginnastica
posturale
Saverio

19.30-20.30

Functional
Stretching
Tais

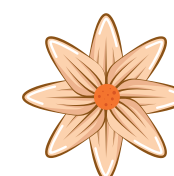
20.30-21.30

Frame up Strip
Tais

Venerdì

10.30-11.30

Taiji e qi gong
Antonio



17.30-18.45

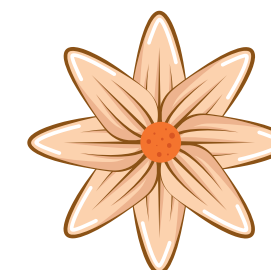
Yoga
Sciamanico
Barbara

19:00-20:15

Yoga
Sciamanico
Barbara



Sabato



**Nel fine
settimana
ospitiamo
formazioni ed
eventi olistici**



*per Corsi
Olistici*