

## DOMENICA 22 SETTEMBRE 2019

CENTRO	SUD GRANDE	SUD PICCOLA
	<b>AERIAL PILATES</b> Giovanna Cuomo, 10.00-10.45	<b>HATHA FLOW</b> Daisy Degiorgi, 10.00-10.45
<b>VINYASA FLOW</b> Irene Bongini- Birth, 11.00-11.45	<b>HATHA YOGA</b> Ursula Lotti, 11.00- 11.45	<b>PILATES WALL</b> Giovanna Cuomo 11.00-11.45
<b>PILATES BARRE</b> Teresa Volponi 12.00-12.45	<b>VINYASA FLOW</b> Arianna Foletti, 12.00-12.45	<b>YIN YOGA</b> Daisy Degiorgi, 12.00-12.45
<b>MINDFULNESS</b> Lily Gaering, 15.00-15.45		<b>PILATES WALL</b> Simona Morabito 15.00-15.45
<b>PILATES BARRE</b> Alexi Love, 16.00-16.45	<b>MINDFULNESS</b> Enrique Sanz, 16.00-16.45	<b>POWER PILATES WALL</b> Simona Morabito 16.00- 16.45
<b>KUNDALINI YOGA</b> Susana D.S. Tavares, 17.00-17.45	<b>VINYASA FLOW</b> Aimee Bourget, 17.00-17.45	<b>HATHA FLOW</b> Lily Gaering, 17.00-17.45
<b>ASHTANGA YOGA</b> Linda Winkler 18.00-18.45	<b>YIN YOGA</b> Aimee Bourget, 18.00- 18.45	
<b>YOGA NIDRA</b> Linda Winkler 19.00-19.45	<b>YOGA GONG</b> Susana D.S. Tavares 19.00-19.45	