

**Livelli**

- Avanzato
- Intermedio
- Base

LUN	MAR	MER	GIO	VEN	SAB	DOM
<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 6.45—8.30 Avanzato         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 7.00—8.15 Base         </div>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 6.45—8.45 Avanzato         </div>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 6.45—8.45 Avanzato         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 7.00—8.15 Intermedio         </div>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 6.45—8.45 Avanzato         </div>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Prima serie Ashtanga</b> 7.00—8.15 Avanzato         </div>		
<b>9.00</b>						
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Flow</b> 9.00—10.00 Base         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Vinyasa</b> 10.30—11.30 Base         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Flow to yin</b> 9.00—10.00 Base         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Hatha</b> 9.00—10.00 Base         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Meditazione</b> 10.00—10.15 Base         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yin Yoga &amp; Nidra</b> 10.30—11.30 Base         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Hatha</b> 9.00—10.00 Base         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yoga in gravidanza</b> 9.00—10.00 Base         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Hatha</b> 9.00—10.00 Base         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>A rotazione*</b> 9.15—10.15 Multilivello         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>A rotazione*</b> 10.30—11.45 Multilivello         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Om chanting</b> 12.00—13.00 Una volta al mese         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>A rotazione*</b> 9.00—10.00 Multilivello         </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 10.00—12.00 Avanzato         </div>
<b>13.00</b>						
<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Vinyasa</b> 13.00—14.00 Intermedio         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Pilates</b> 13.00—14.00 Intermedio         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 13.00—14.00 Base         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Verticalismo</b> 13.00—14.00 Intermedio         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Pilates</b> 12.00—12.45 Intermedio         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Pilates</b> 13.00—14.00 Intermedio         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Balance &amp; Inversion</b> 13.00—14.00 Intermedio         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Flow</b> 13.00—14.00 Intermedio         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yoga in gravidanza</b> 13.00—14.00 Base         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Hatha</b> 13.00—14.00 Intermedio         </div>		<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>A rotazione</b> 18.00—19.00 Multilivello         </div>
<b>17.00</b>						
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Mindfulness</b> 17.45—18.30 Base         </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 17.45—19.45 Avanzato         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yoga in gravidanza</b> 18.45—19.45 Base         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Rocket</b> 18.30—19.45 Intermedio         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yin</b> 17.15—18.15 Base         </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 17.45—19.45 Avanzato         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Yin</b> 18.30—19.30 Base         </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 19.30—21.15 Avanzato         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Pilates</b> 17.30—18.30 Intermedio         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Verticalismo</b> 17.30—18.30 Intermedio         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Vinyasa</b> 18.30—19.45 Intermedio         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Introduzione allo Yoga</b> 18.45—19.45 Introduzione         </div>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;"> <b>Mysore</b> 17.00—19.00 Avanzato         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Asana + Pranayama</b> 18.00—19.00 Base         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 19.15—20.30 Intermedio         </div>		
<b>20.00</b>						
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Introduzione allo Yoga</b> 20.00—21.00 Introduzione         </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 20.00—21.15 Intermedio         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Flow</b> 20.00—21.15 Intermedio         </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <b>Ashtanga</b> 20.00—21.15 Intermedio         </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Flow to Yin</b> 20.00—21.15 Base         </div>			