



# PLANNING 2019 - 2020

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