



ASANA yoga shala

MONDAY

08.00 – 09.00
Vinyasa Flow
w/ Nikol

09.30 – 10.30
Slow Flow
w/ Nikol

12.30 – 13.30
Pilates Mat
w/ Ilario

17.00 – 18.00
Vin-Yin
w/ Nikol

18.30 – 19.30
Pranayama
Meditation
w/ Nikol

TUESDAY

08.00 – 09.00
Vinyasa Flow
w/ Nikol

09.30 – 10.30
Vin-Yin
w/ Nikol

11.30 – 12.30
Pilates Mat
w/ Ilario

16.00 – 17.00
Yin Yoga
w/ Nikol

WEDNESDAY

08.00 – 09.00
Vinyasa Warrior
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