



INNER REVOLUTION STUDIO  
Yoga, Pilates and more

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8:00		Allenamento Funzionale 8:00 - 9:00	Yin Yoga 8:00 - 9:00		Hatha Flow Base 8:00 - 9:00	
9:00						Hatha Flow Base/Intermedio 9:00 - 10:00
10:00						Yin Yoga 10:00-11:00
12:00	Pilates Matwork 12:00 - 13:00					
13:00	Hatha Flow Base/Intermedio 13:00 - 14:00	Hatha Intermedio 13:00 - 14:15	Allenamento Funzionale 13:00-14:00	Pilates Matwork 13:00-14:00	Hatha Intermedio 13:00 - 14:15	Hatha Flow Base/Intermedio 13:00 - 14:00
14:00						
15:00				Pilates Matwork 15:00 - 16:00		
18:00	Yin Yoga 18:00 - 19:00	Hatha Flow Livello Base/Intermedio 18:30 - 20:00	Ashtanga Yoga Mysore 18:30 - 20:00	Hatha Flow Livello Base/Intermedio 18:30 - 20:00	Ashtanga Yoga Mysore 18:30 - 20:00	Pilates Matwork 18:00 - 19:00
19:00			Ashtanga Yoga Pratica guidata 18:30 - 20:00		Ashtanga Yoga Pratica guidata 18:30 - 20:00	Pilates Matwork 19:00 - 20:00
20:00	Calisthenics & Movement 20:05 - 21:00	Hatha Flow Multilivello 20:00 - 21:30	Calisthenics & Movement 20:05 - 21:00	Pilates Matwork 20:00 - 21:00		
21:00			Danza Contemporanea adulti 21:00 - 22:30	Hatha Flow Multilivello 20:00 - 21:30		
22:00						