

THE LAB
MILANO

Yoga

WEEKLY SCHEDULE



MONDAY Yoga

08:00	Vinyasa Flow	CHIARA		PEONIA
09:00	Hatha Yoga	CHIARA		PEONIA
13:00	Vinyasa Krama	CARLOTTA		PEONIA

MONDAY YOGA

08:00	Vinyasa Flow	CHIARA		PEONIA
09:00	Hatha Yoga	CHIARA		PEONIA
13:00	Vinyasa Krama	CARLOTTA		PEONIA

TUESDAY Yoga

09:00	Hatha Yoga	BENEDETTA		PEONIA
10:00	Hatha Yoga	BENEDETTA		PEONIA
13:00	Vinyasa Krama	CARLOTTA		PEONIA
20:00	Pranayama	SILVIA		PEONIA

TUESDAY Yoga

09:00	Hatha Yoga	BENEDETTA		PEONIA
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WEDNESDAY Yoga

08:00	Vinyasa Flow	CHIARA		PEONIA
09:00	Hatha Yoga	CHIARA		PEONIA
18:30	Vinyasa Krama	CARLOTTA		PEONIA

WEDNESDAY YOGA

08:00	Vinyasa Flow	CHIARA		PEONIA
09:00	Hatha Yoga	CHIARA		PEONIA
18:30	Vinyasa Krama	CARLOTTA		PEONIA

THURSDAY Yoga

09:15	Hatha Yoga	BENEDETTA		PEONIA
10:30	Hatha Yoga Senior	BENEDETTA		PEONIA
20:00	Vinyasa Flow	CHIARA		PEONIA

THURSDAY YOGA



FRIDAY Yoga

09:00 Hatha Gentle Yoga

SILVIA

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PEONIA

FRIDAY
YOGA

09:00 | Hatha Gentle Yoga | SILVIA | PEONIA

SATURDAY Yoga

12:00

Hatha Yoga

CHIARA

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PEONIA

SATURDAY YOGA

12:00 - 1:00 PM