



YOGAMIND
PRATO

2020/2021

| | Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato |
|-------|-------------------------|-------------------------|-----------------------|-------------------------|--------------------------------|-----------|
| 7.30 | | Morning Vinyasa online | | Yin Yoga online | | |
| 11.30 | | Yin Yoga | | | Restorative Yoga | |
| 13.30 | Iyengar | Vinyasa Flow multilevel | Yoga Wall | Hatha Yoga | Clinic | |
| 16.30 | | | | | | Yoga Kids |
| 18.00 | Hatha Yoga | Yoga Wall | Vinyasa Flow beginner | Yin Yoga | Vinyasa Flow multilevel online | |
| 19.30 | Vinyasa Flow multilevel | Hatha Yoga | Hatha Vinyasa online | Vinyasa Flow multilevel | | |

www.yogamindprato.it

info@yogamindprato.it

+39 338 40 74 895