

2021/2022



YOGAMIND
PRATO

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

11.30

Yin Yoga

Restorative Yoga

13.30

Iyengar

Clinic

Yoga Wall

Hatha Yoga

Vinyasa Flow
multilevel

13.30

Vinyasa Flow
multilevel

Yoga Ballet

18.00

Hatha Yoga

Yin Yoga

18.30

Yoga Ballet

Vinyasa Flow
multilevel

19.30

Vinyasa Flow
multilevel

Yoga Wall

Clinic

Vinyasa Flow
multilevel

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