

# Calendario H3Om e Contrology luglio '21

YOGA Elio

PILATES  
Francesca

TONO&STRETCH  
Marina

FIT PILATES  
STARK BODYFLYING  
Rossella

Lunedì

Giovedì

Lunedì

Lunedì

Lunedì

**SAN MICHELE**

Ore 6;45/8;15  
Yoga&Mindfulness

**H3OM**

Ore 18;30/20;00  
Yoga&Mindfulness

**CONTROLOGY**

Ore 12;30/13;20  
Pilates

**H3OM**

Ore 18;30/19;20  
Tonificazione

**H3OM**

Ore 19;30/20;20  
Stark Bodyflying

**CONTROLOGY**

Ore 9;30/11;00  
Yoga&Mindfulness

Venerdì

Martedì

Venerdì

**H3OM**

Ore 20;30/21;20  
Fit Pilates

**SAN MICHELE**

Ore 18;30/20;00  
Yoga&Mindfulness

**H3OM**

Ore 10;00/11;30  
Yoga gestione  
ansia e stress

**H3OM**

Ore 18;00/18;50  
Pilates

**H3OM**

Ore 18;30/19;20  
Stretching

Giovedì

**COL ROIGO**

Ore 18;30/20;00  
Yoga&Mindfulness

Mercoledì

**H3OM**

Ore 9;00/9;50  
Pilates

YOGA ASHTANGA  
Michela

**CONTROLOGY**

Ore 18;30/19;20  
Fit Pilates

**SAN MICHELE**

Ore 20;30/22;00  
Yoga&Mindfulness

Domenica

**BROLO GOLF**

Ore 8;30/10;00  
Yoga&Mindfulness

Martedì

**H3OM**

Ore 20;30/22;00  
Yoga&Mindfulness

Martedì

**H3OM**

Ore 19;15/20;15  
Ashtanga Yoga

Mercoledì

**SAN MICHELE**

Ore 18;30/20;00  
Yoga&Mindfulness