

# WEEKLY PLANNER 2025 / 2026

Elysium Yoga Studio

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

h 11.00 SLOW CLASS  
open L1/L2 - Yang yo Yin  
Yoga w/Sara

h 12.45 FLY CLASS open  
L1/ L2 - Trapeze Fly Yoga  
w/Saraa (solo ingressi)

h 13.00 PILATES CLASS  
open L1/L2 - Pilates Mat  
w/Federica

h 18.00 SLOW CLASS  
open L1/L2 - Deep  
Vinyasa Yoga w/Ileana

h 18.00 PILATES CLASS  
open L1/L2 - Pilates Mat  
w/Giovanna

h 19.30 ENERGY CLASS  
L2 - Rocket Yoga  
w/Ileana

h. 6.30 MORNING CLASS  
open L1/L2 - Morning  
Yoga flow w/Ileana

h 18.30 MIX CLASS  
Open L1/L2 - Yin & Yang  
Yoga w/Ileana

h 18.30 FLY CLASS open  
L1/ L2 - Trapeze Fly Yoga  
w/Viviana (solo ingressi)

h 20.00 SLOW CLASS  
open L1/L2 - Hatha Yoga  
w/Viviana

h 20.00 MENTAL CLASS  
L1 - Il Filo Nascosto  
w/Nicola - a settimane  
alterne

h 13.00 ENERGY CLASS  
open L1/L2 - Vinyasa  
Yoga w/Ileana o Sara

h 18.00 SLOW CLASS  
open L1/L2 - Hatha Yoga  
w/Giacomo

h 18.30 POSTURAL  
STRENGTH CLASS  
open L1/L2 - w/Marco

h 19.30 ENERGY CLASS  
L2 - Ashtanga Yoga/BL a  
settimane alterne  
w/Vittoria

h. 6.30 MORNING CLASS  
open L2 - Morning Yoga  
flow w/Ileana

h 18.00 ENERGY CLASS  
open L1/L2 - Yoga  
dinamico w/Sara

h 18.30 MIX CLASS  
Open L1/L2 - Allen.  
funzionale w/Giacomo

h 19.30 SLOW CLASS  
open L1/L2 - Yin Yoga  
w/Sara

h 8.30 ENERGY CLASS  
open L1/L2 - Yoga  
dinamico w/Ileana

h 10.30 ENERGY CLASS  
L2/L3 - Power Yoga  
w/Giacomo

h 12.45 FLY CLASS open  
L1/ L2 - Trapeze Fly Yoga  
w/Viviana

h 13.00 PILATES CLASS  
open L1/L2 - Pilates Mat  
w/Federica

h 18.00 MIX CLASS open  
L1/L2 - Asana Lab  
w/rotazione (Giacomo o  
Ileana)

h 18.00 ENERGY CLASS  
L2/L3 - Power Yoga  
w/Giovanna

Domenica

h 9.30 MIX CLASS open  
L1/L2 - Sunday Bliss  
w/rotazione

— Live Class  
— Online Class  
— Fly Class  
— Pilates

L1: livello beginner  
open L1/L2: multilivello  
L2/L3: livello intermedio  
avanzato

