

# WEEKLY PLANNER

Elysium Yoga Studio

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

h. 6.45 MORNING CLASS  
open L1/L2 - Morning  
Yoga Flow w/Ileana

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

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

h. 10.00 MORNING  
CLASS open L1/L2 - Mid-  
Morning Yoga w/Giacomo

h. 9.00 MORNING CLASS  
open L1/L2 - Mid-  
Morning Yoga w/Ileana

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

h 13.00 ENERGY CLASS  
open L1/L2 - Vinyasa  
Yoga w/Giacomo

h 13.00 ENERGY CLASS  
open L1/L2 - Vinyasa  
Yoga w/Giacomo

h 13.00 FLY CLASS open  
L1/ L2 - Trapeze Fly Yoga  
w/Viviana (solo ingressi)

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

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

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

h 18.15 MIX CLASS  
Open L1/L2 - Yogasanas  
w/Giacomo

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

h 19.30 ENERGY CLASS  
L2 - Rocket Yoga  
w/Ileana

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

h 20.00 ENERGY CLASS  
L2/L3 - Vinyasa Yoga  
w/Giacomo

h 18.15 FLY CLASS open  
L1/ L2 - Yang &  
Yin/Restorative Fly Yoga  
w/Viviana (solo ingressi)

h 19.45 SLOW CLASS L1  
- Yin Yoga w/rotazione  
(Giacomo o Ileana)

h 20.00 SLOW CLASS L1  
- Yin Yoga w/Giacomo

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

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

h 20.00 ENERGY CLASS  
open L1/L2 - Vinyasa  
Yoga w/Viviana

h 20.00 ENERGY CLASS  
open L1/L2 - Ashtanga  
Yoga w/Vittoria

Domenica

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

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

— Live Class  
— Online Class  
— Fly Class

