

# WEEKLY PLANNER 2025

elysium Yoga Studio

**Lunedì**

**Martedì**

**Mercoledì**

**Giovedì**

**Venerdì**

**Sabato**

h 9.00 SLOW CLASS  
open L1/L2 – Hatha Yoga  
w/Sara

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

h. 6.30 MORNING CLASS  
open L1/L2 – Morning  
Yoga flow w/Vittoria

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

h 10.00 PILATES CLASS  
open L1/L2 – Pilates Mat  
w/Federica

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

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

h 13.00 ENERGY CLASS  
open L1/L2 – Vingasa  
Yoga w/Giacomo

h 13.00 ENERGY CLASS  
open L1/L2 – Vingasa  
Yoga w/Chiara

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

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

h 18.00 SLOW CLASS  
open L1/L2 – Deep  
Vingasa 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 18.30 SLOWCLASS  
open L1/L2 – Yin Yoga  
w/Sara

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

h 19.45 SLOW CLASS L1 –  
Yin/Restorative Yoga  
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 18.30 POSTURAL  
STREIGHT CLASS  
open L1/L2 – w/Marco

h 18.30 MIX CLASS  
Open L1/L2 – Yogasanas  
w/Giacomo

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

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

h 20.00 SLOW CLASS  
open L1/L2 – Ashanga Yoga  
w/Vittoria

h 19.45 ENERGY CLASS  
L2 – Ashanga Yoga  
w/Vittoria

h 20.15 SLOW CLASS  
open L1 – Yoga Nidra  
w/Sofia

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

h 20.00 SLOW CLASS L1  
– Restorative Yoga  
w/Giacomo

Live Class  
Online Class  
Fly Class  
Pilates

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

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



**Domenica**