

WEEKLY PLANNER 2025

Elysium Yoga Studio

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

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

h 13.00 ENERGY CLASS
open L1/L2 - Vinyasa
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
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 18.30 SLOW CLASS
open L1/L2 - Yin Yoga
w/Sara

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

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

h 19.45 ENERGY CLASS
L2/L3 - Power Yoga
w/Giovanna

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

h 19.45 ENERGY CLASS
L2 - Ashtanga 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

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
— Pilates

