

| | | l | m | x | j | v | s | d |
|---------------|----------|----------|----------|----------|----------|----------|---|---|
| 08:00 - 09:00 | Sala 40° | | YOGA 40° | | | | | |
| 08:30 - 09:30 | Sala 40° | YOGA 40° | | | YOGA 40° | YOGA 40° | | |
| 09:15 - 10:15 | Sala 40° | | | YOGA 40° | | | | |
| 14:00 - 15:00 | Sala 40° | | | | | YOGA 40° | | |
| 14:30 - 15:30 | Sala 40° | YOGA 40° | YOGA 40° | YOGA 40° | YOGA 40° | | | |