

HERBST - AUTUNNO

ab - dal 26.09.2022

YOGA & TRAPEZE

Montag - Lunedì

17 - 18.15 Slow-& YinYoga *

18.30 - 19.30 PowerTrapezeYoga

19.45 - 20.45 TrapezeYoga

Mittwoch - Mercoledì

18 - 19 TrapezeYoga

19.15 - 20.30 PowerYoga

Donnerstag - Giovedì

18.30 - 19.45 Slow-& YinYoga *

20 - 21 Trapeze & Yoga

(auf Anfrage/su richiesta)

*auch in der Schwangerschaft

*anche in gravidanza



In The Woods - Yoga&Trapeze

Nora +39 329 73 91 438

www.noraserani.com