



SALA PILATES-YOGA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
		7,30- 8,30 Pilates			
			9,00 - 10,00 Pilates princip		9,00 - 10,00 Pilates int
			10,00 - 11,00 Pilates princip		10,15-11,15 Pilates Functional
	12,00 - 13,00 Pilates				
	13,00 - 14,00 Pilates	13,00-14,00 Vinyasa Yoga	13,00-14,00 Pilates		
17,00-18,00 Pilates			17,00-18,00 Pilates	17,15-18,15 Pilates elastici	
18,00 - 19,00 Hatha Yoga	18,00-19,00 Pilates int	18,15 - 19,15 Pilates princip	18,00- 19,00 Pilates elastici	18,30-19,30 Pilates	
19,00 - 20,00 Pilates int	19,00-20,00 Pilates avanz	19,20 - 20,20 Pilates int	19,00- 20,00 Pilates elastici		
20,00 - 21,00 Pilates int	20,00-21,00 Pilates	20,30-23,00 Mindfulness	20,00 - 21,00 Vinyasa Yoga		

	Iacopo
	Emilia
	Maximilian
	Francesca
	Valentina
	Laura

SALA REFORMER

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
	9,00-10,00 Reformer base				
	10,15-11,15 Reformer				10,15 - 11,15 Pilates Functional
13,00 - 14,00 Reformer		13,00-14,00 Reformer		13,00-14,00 Reformer	
		17,00-18,00 Reformer			
18,00 – 19,00 Reformer	18,00-19,00 Reformer		18,15-19,15 Reformer		
			19,30-20,30 Reformer		