CALENDARIO RYOGA PRATI

LUNEDI

- 8:00-9:00 Pilates Sculpt Clotilde
- 8:00-9:00 Pilates Matwork Giulia
- 9:00-10:15 Hatha Samuela
- 9:15-10:15 Hatha Flow Matteo
- 9:30-10:30 Postural Pilates Karin
- 10:45-11:45 Postural Yoga Matteo
- 12:00-13:00 Circuit Pilates Stefano
- 13:15-14:15 Ballet Sculpt Alexandru
- 13:30-14:30 Funzionale Maurizio
- 14:30-16:00 Danza Moderna Jazz Lavinia
- 17:15-18:15 Pilates TRX Fabiola Z.
- 18:15-19:15 Pilates Matwork Stefano
- 18:25-19:25 Barre Fabiola Z.
- 18:30-19:30 Hatha Francesco P.
- 18:30-19:30 Power Vinyasa Flow Giorgia
- 19:30-20:30 Core& Stretch Fabiola Z.
- 19:30-20:30 Yin Caterina
- 19:45-21:00 Active Series Susanna
- 19:45-21:00 Vinyasa Flow Stefano

MARTEDI

- 8:00-9:00 Pilates Matwork Antonella
- 8:00-9:00 Pilates Matwork Karin
- 7:45-8:45 Hatha Damiano
- 9:00-10:15 Shastra Flow Damiano
- 9:15-10:30 Iyengar Ena
- 9:30-10:30 Postural Pilates Karin
- 9:30-10:45 Hatha Flow Chiara
- 11:15-12:15 Yoga Postural Therapeutic Nike
- 12:00-13:00 Pilates TRX Heloise
- 12:15-13:15 Circuit Pilates Antonella
- 13:15-14:15 Barre Heloise
- 13:15-14:15 Power Mat Camilla
- 13:30-14:30 Vinyasa Flow Selim
- 17:30-18:30 Power Mat Alexandru
- 18:00-19:00 Aerial Yoga Federica
- 18:00-19:00 Iyengar Mayumi
- 18:00-19:00 Pre-post parto Samuela
- 18:45-19:45 Barre Alexandru
- 19:15-20:45 Ashtanga Samuela
- 19:15-20:30 Sound Hatha Federica
- 19:30-20:45 JM Vinyasa Federico
- 19:50-20:50 Pilates Matwork Andrea T.

MERCOLEDI

- 8:00-9:00 Pilates Sculpt Clotilde
- 8:00-9:00 Pilates Matwork Giulia
- 8:30-10:00 Ashtanga Giada
- 09:00-10:15 Synergy Flow Deborah
- 9:00-10:15 Hatha Samuela
- 10:45-11:45 Circuit Pilates Francesco
- 12:00-13:00 Circuit Pilates Francesco
- 13:15-14:15 Ballet Sculpt Alexandru
- 13:30-14:30 Funzionale Maurizio
- 14:30-16:00 Danza Moderna Jazz Lavinia
- 17:15-18:15 Pilates TRX Fabiola Z.
- 18:00-18:45 Bagno Sonoro Federica
- 18:25-19:25 Barre Fabiola Z.
- 18:30-19:30 Hatha Francesco P.
- 18:30-19:30 Power Vinyasa Flow Giorgia
- 19:30-20:30 Core& Stretch Fabiola Z.
- 19:30-20:30 Hatha Francesco P.
- 19:45-21:00 Active Series Susanna
- 19:45-21:00 Rocket Giorgia

GIOVEDI

- 8:00-9:00 Pilates Matwork Antonella
- 8:00-9:00 Pilates Matwork Karin
- 7:45-8:45 Hatha Damiano
- 9:00-10:15 Shastra Flow Damiano
- 9:15-10:30 Iyengar Ena
- 9:30-10:30 Postural Pilates Matwork Karin
- 11:15-12:15 Yoga Postural Therapeutic Nike
- 12:00-13:00 Pilates TRX Heloise
- 12:15-13:15 Circuit Pilates Antonella
- 13:15-14:15 Barre Heloise
- 13:15-14:15 Power Mat Camilla
- 13:30-14:30 Vinyasa Flow Selim
- 17:30-18:30 Power Mat Alexandru
- 18:00-19:00 Aerial Yoga Federica
- 18:00-19:00 Somatic Yoga Nike
- 18:15-19:15 Meditazione Federico
- 18:45-19:45 Barre Alexandru
- 19:15-20:45 Ashtanga Samuela
- 19:15-20:30 Sound Hatha Federica
- 19:30-20:45 JM Vinyasa Federico
- 19:50-20:50 Pilates Matwork Andrea T.

VENERDI

- 8:00-9:00 Pilates Matwork Giulia
- 8:30-10:00 Ashtanga Giada
- 9:45-10:45 Postural Pilates Matwork Karin
- 9:30-10:45 Hatha Flow Chiara
- 12:00-13:00 Circuit Pilates Stefano
- 13:15-14:15 Ballet Sculpt Alexandru
- 13:30-14:30 Funzionale Maurizio
- 17:15-18:15 Barre Vanessa
- 17:15-18:15 Aerial Flow Giulia F.
- 18:15-19:30 Iyengar Mayumi
- 18:30-19:30 Hatha Francesco P.

SABATO

- 09:00-10:15 Synergy Flow Deborah
- 10:45-11:45 Postural Yoga Stefano
- 17:00-18:00 Iyengar Mayumi
- 18:00-19:00 Hot Yin Stefano
- 18:30-19:30 Pilates Matwork Vanessa
- 19:15-20.30 Vinyasa Flow Stefano

ENG

- 9:30-10.30 Pilates Matwork Antonella
- 09:15-10:30 Inside Flow Ditya
- 10:30-11:45 Hatha Matteo
- 10:45-11:45 Barre Antonella
- 11:00-12:00 Aerial Yoga Federica
- 12:00-13:15 JM Vinyasa Simona
- 12:15-13:15 Funzionale Gabriele

Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.