

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI				SABATO	
8:00-9:00 Pilates Sculpt Clotilde	8:00-9:00 Pilates Matwork Giulia			8:00-9:00 Pilates Matwork Antonella	8:00-9:00 Pilates Matwork Karin		7:45-8:45 Early Rise Damiano	8:00-9:00 Pilates Sculpt Clotilde	8:00-9:00 Pilates Matwork Giulia			8:00-9:00 Pilates Matwork Antonella	8:00-9:00 Pilates Matwork Karin		7:45-8:45 Early Rise Damiano	8:00-9:00 Pilates Matwork Giulia					
	9:00-10:15 Hatha Samuela	9:15-10:15 Hatha Basic Matteo		9:30-10:30 Postural Pilates Karin	9:30-10:45 Hatha Flow Chiara	9:15-10:30 Iyengar Fabiola	9:00-10:15 Shastra Flow Damiano		9:00-10:15 Hatha Samuela		8:30-10:00 Ashtanga Giada		9:30-10:30 Postural Pilates Matwork Karin	9:15-10:30 Iyengar Fabiola	9:00-10:15 Shastra Flow Damiano		8:30-10:00 Ashtanga Giada		9:30-10:30 Pilates Matwork Antonella	09:15-10:30 Inside Flow Dilya	
			10:45-11:45 Postural Yoga Matteo				11:00-12:00 Yoga Postural Therapeutic Nike		10:45-11:45 Circuit Pilates Eleonora						11:00-12:00 Yoga Postural Therapeutic Nike	9:45-10:45 Postural Pilates Matwork Karin		10:45-11:45 Postural Yoga Stefano	10:30-11:45 Hatha Matteo		
	12:00-13:00 Pilates Eleonora				12:00-13:00 Pilates TRX Heloise				12:00-13:00 Circuit Pilates Eleonora				12:00-13:00 Pilates TRX Heloise			12:00-13:00 Circuit Pilates Francesco G.		10:30-11:45 Barre Antonella	11:00-12:00 Aerial Yoga Federica		
13:15-14:15 Pilates Flow Eleonora	13:30-14:30 Funzionale Maurizio			13:15-14:15 Barre Heloise	13:15-14:15 Power Mat Camilla			13:15-14:15 Pilates Flow Eleonora	13:30-14:30 Funzionale Maurizio			13:15-14:15 Barre Heloise	13:15-14:15 Power Mat Camilla			13:15-14:15 Pilates Flow Francesco G.	13:30-14:30 Funzionale Maurizio		12:00-13:15 JM Vinyasa Simona	12:15-13:15 Funzionale Gabriele	
14:30-16:00 Danza Moderna Jazz Lavinia								14:30-16:00 Danza Moderna Jazz Lavinia													
	17:00-18:00 Pilates TRX Fabiola Z.			17:30-18:30 Pilates Sculpt Clotilde	18:00-19:00 Aerial Yoga Federica	18:00-19:00 Iyengar Mayumi	18:00-19:00 Pre-post parto Samuela		17:00-18:00 Pilates TRX Fabiola Z.		18:00-18:45 Bagno Sonoro Federica		17:30-18:30 Pilates Sculpt Clotilde	18:00-19:00 Aerial Yoga Federica		17:15-18:15 Barre Vanessa	17:15-18:15 Aerial Flow Giulia F.		17:00-18:00 Iyengar Mayumi	18:00-19:00 Hot Yin Stefano	
18:15-19:15 Barre Fabiola Z.	18:30-19:30 Hatha Francesco P.	18:15-19:15 Pilates Matwork Stefano	18:30-19:30 Power Vinyasa Flow Giorgia	18:45-19:45 Circuit Barre Clotilde				18:15-19:15 Barre Fabiola Z.	18:30-19:30 Hatha Francesco P.		18:30-19:30 Power Vinyasa Flow Giorgia	18:45-19:45 Circuit Barre Clotilde			18:15-19:30 Iyengar Mayumi	18:30-19:30 Hatha Francesco P.		18:30-19:30 Pilates Matwork Vanessa			
		19:30-20:30 Yin Michela	19:45-21:00 Vinyasa Flow Stefano	19:50-20:50 Pilates Matwork Antonella	19:15-20:45 Ashtanga Samuela	19:15-20:30 Sound Hatha Federica	19:30-20:45 JM Vinyasa Federico	19:30-20:30 Core & Stretch Fabiola Z.	19:45-21:00 Odaka Camilla	19:30-20:30 Hatha Francesco P.	19:45-21:00 Rocket Giorgia	19:50-20:50 Pilates Matwork Antonella	19:15-20:45 Ashtanga Samuela	19:15-20:30 Sound Hatha Federica	19:30-20:45 JM Vinyasa Federico		19:15-20:30 Vinyasa Flow Stefano				
Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.																					