

LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO		
8:00-9:00 Pilates Matwork Karin		7:45-8:45 Early Rise Sarah	8:00-9:00 Pilates Matwork liv.2 Vanessa	7:45-8:45 Pilates Sculpt Clotilde		8:00-9:00 Pilates Matwork Karin	7:45-8:45 Pilates Matwork liv.2 Stefano		8:00-9:00 Pilates Matwork liv.2 Vanessa	7:45-8:45 Pilates Sculpt Clotilde	7:45-8:45 Early Rise Sarah	8:00-9:00 Pilates Matwork Karin	7:45-8:45 Pilates Matwork liv.2 Stefano				
9:15-10:15 Hatha Sarah			9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi		9:00-10:15 Iyengar Fabiola			9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	9:15-10:15 Hatha Sarah					9:45-10:45 Pilates Matwork Chiara C.	
10:30-11:45 Vinyasa Flow Madeira			10:30-11:45 Hatha Flow Francesco P.			10:30-11:45 Vinyasa Flow Madeira			10:30-11:45 Hatha Flow Francesco P.			10:30-11:45 Power Vinyasa Alessandro			10:30-11:45 JM Vinyasa Federico		
12:00-13:00 Barre Heloise	12:00-13:00 Postural Pilates Matwork Stefano		12:00-13:00 Postural Yoga Stefano			12:00-13:00 Pilates Matwork Heloise			12:00-13:00 Postural Yoga Stefano			12:00-13:00 Barre Heloise					
13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Samuela	13:30-14:30 Pilates Matwork Stefano	13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona	13:15-14:30 Ashtanga Giada	13:15-14:15 Barre Heloise	13:15-14:30 Ashtanga Samuela	13:30-14:30 Pilates Matwork Chiara C.	13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona		13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Mysore Samuela				
17:30-18:30 Barre Matteo G.			17:15-18:15 Barre Vanessa						17:15-18:15 Restorative Meditation Sarah			17:30-18:30 Barre Camilla					
18:45-19:45 Power Mat Alessandro	18:15-19:30 Iyengar Mayumi	18:00-19:00 Pilates Matwork Camilla	18:30-19:30 Hatha Francesco P.	18:15-19:15 Pilates Matwork Stefano		18:30-19:30 Hot Yin Benedetta P.	18:15-19:30 Iyengar Mayumi		18:30-19:30 Hatha Francesco P.	18:15-19:15 Pilates Matwork Stefano		18:45-19:45 Power Mat Camilla					
20:00-21:15 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	19:15-20:15 Hatha Matteo	19:45-20:45 Pilates Matwork liv.2 Stefano	19:30-20:45 Candle Light Hatha Chiara				19:15-20:15 Sound Hatha Federica	19:45-20:45 Pilates Matwork liv.2 Stefano	19:30-20:45 Candle Light Hatha Chiara			19:00-20:00 Sound Hatha Federica				

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