

LUNEDI

		7:45-8:45 Early Rise Sarah
8:00-9:00 Pilates Matwork Karin		
9:15-10:15 Hatha Sarah		
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Barre Heloise	12:00-13:00 Postural Pilates Matwork Stefano	
13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Samuela	13:30-14:30 Pilates Matwork Stefano
17:30-18:30 Barre Alexandru		
	18:15-19:30 Iyengar Mayumi	18:00-19:00 Pilates Matwork Camilla
18:45-19:45 Power Mat Alessandro		
		19:15-20:15 Hatha Matteo
20:00-21:15 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	

MARTEDI

	7:45-8:45 Pilates Sculpt Clotilde	
8:00-9:00 Pilates Matwork liv.2 Vanessa		
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona	13:15-14:30 Ashtanga Giada
17:15-18:15 Barre Vanessa		
	18:15-19:15 Pilates Matwork Stefano	
18:30-19:30 Hatha Francesco P.		
	19:45-20:45 Pilates Matwork liv.2 Stefano	19:30-20:45 Candle Light Hatha Chiara

MERCOLEDI

	7:45-8:45 Pilates Matwork liv.2 Stefano	
8:00-9:00 Pilates Matwork Karin		
9:00-10:15 Iyengar Fabiola		
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Postural Matwork Heloise		
13:15-14:15 Barre Heloise	13:15-14:30 Ashtanga Samuela	13:30-14:30 Pilates Matwork Chiara C.
18:30-19:30 Hot Yin Benedetta P.	18:15-19:30 Iyengar Mayumi	18:00-19:00 Pilates Matwork Camilla
		19:15-20:15 Sound Hatha Federica
20:00-21:15 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	

GIOVEDI

	7:45-8:45 Pilates Sculpt Clotilde	7:45-8:45 Early Rise Sarah
8:00-9:00 Pilates Matwork liv.2 Vanessa		
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	9:15-10:15 Hatha Sarah
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
13:15-14:15 Dynamic Mat Training Lavinia	13:30-14:30 JM Vinyasa Simona	
17:15-18:15 Restorative Meditation Sarah		
	18:15-19:15 Pilates Matwork Stefano	
18:30-19:30 Hatha Francesco P.		
	19:45-20:45 Pilates Matwork liv.2 Stefano	19:30-20:45 Candle Light Hatha Chiara

VENERDI

	7:45-8:45 Pilates Matwork liv.2 Stefano	
8:00-9:00 Pilates Matwork Karin		
9:00-10:15 Iyengar Fabiola		
10:30-11:45 Power Vinyasa Alessandro		
12:00-13:00 Barre Heloise		
13:15-14:15 Pilates Matwork liv.2 Heloise	13:15-14:30 Ashtanga Mysore Samuela	
17:30-18:30 Barre Camilla		
	18:00-19:00 Restorative Madeira	
18:45-19:45 Power Mat Camilla		19:00-20:00 Sound Hatha Federica
	19:15-20:15 Vinyasa Flow Madeira	

SABATO

		9:45-10:45 Pilates Matwork Chiara C.
		11:00-12:00 Introduzione allo Yoga Chiara
12:00-13:30 Ashtanga Maura Samuela Giada		12:15-13:15 Yin Chiara

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