LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9:00-10:00 **Hatha Flow** Andrea	8:00-9:00 **Pilates Matwork** Giorgia	9:00-10:00 **Introduzione all'Ashtanga** Marta	8:00-9:00 **Train like a dancer** Emanuela	9:00-10:00 **Yin** Andrea	10:00-11:00 **Vinyasa Flow** Martina	10:00-11:00 **Aerial Yoga** Raha
12:00-13:00 **Circuit Pilates** Flora	9:15-10:15 **Vinyasa Flow** Giorgia	10:15-11:15 **Pilates Matwork** Flora	9:15-10:15 **Vinyasa Flow** Giorgia	10:15-11:15 **Train like a dancer** Emanuela	10:00-11:00 **Hot Power Yoga** Clelia	10:15-11:15 **Sunday Surprise Class**
13:15-14:15 **Vinyasa Flow** Giorgia	9:00-10:00 **Pranayama** Swami	12:00-13:00 **Circuit Pilates** Flora	10:30-11:30 **Hatha** Swami	12:00-13:00 **Circuit Pilates** Flora	11:15-12:15 **Hatha** Swami	11:15-12:15 **Sunday Surprise Class**
17:00-18:00 **Pilates Matwork** Barbara	10:30-11:30 **Hatha** Swami	13:15-14:15 **Vinyasa Flow** Giorgia	11:45-12:45 **Aerial yoga** Raha	13:15-14:15 **Vinyasa Flow** Simona	11:15-12:15 **Hot Yin** Martina	11:30-12:30 **Hot Vinyasa** Raha
18:15-19:15 **Pilates Matwork** Giorgia	11:45-12:45 **Aerial yoga** Raha	17:00-18:00 **Hatha** Andrea	13:00-14:00 **Vinyasa Flow** Martina	13:00-14:00 **Hot Vinyasa** Martina	12:30-14:00 **Ashtanga** Marta	
19:30-20:30 **Vinyasa Flow** Giorgia	13:00-14:00 **Vinyasa Flow** Martina	18:15-19:15 **Pilates Matwork** Clelia	13:15-14:15 **Hot Vinyasa** Raha	17:00-18:00 **Hatha** Andrea		
13:00-14:00 **Hot Pilates Matwork** Flora	13:15-14:15 **Hot Vinyasa** Raha	19:30-20:30 **Power Yoga** Clelia	18:15-19:15 **Vinyasa Flow** Simona	17:00-18:00 **Pilates Matwork** Barbara		
16:45-17:45 **Hot Hatha** Swami	18:15-19:15 **Vinyasa Flow** Simona	13:00-14:00 **Hot Pilates Matwork** Flora	18:00-19:00 **Hot Yin** Elena	18:15-19:15 **Hatha Flow** Elena		
18:00-19:00 **Hot Power Vinyasa** Martina	18:00-19:00 **Hot Yin** Elena	18:00-19:00 **Hot Power Vinyasa** Martina	19:30-20:30 **Barre** Emanuela	18:30-19:45 **Vinyasa Qi Dynamic** Martina		
19:15-20:15 **Hot Vinyasa** Martina	19:30-20:30 **Barre** Emanuela	19:15-20:15 **Hot Vinyasa** Martina	19:15-20:15 **Hot Hatha Flow** Elena			
	19:15-20:15 **Hot Hatha Flow** Simona					

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