LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7:00-8:00 **Stillfit** Paula	8:00-9:00 **Pilates Matwork** Giorgia	7:00-8:00 **Stillfit** Paula	8:00-9:00 **Pilates Matwork** Giorgia	9:00-10:00 **Yin** Andrea	10:00-11:00 **Vinyasa Flow** Martina/ Simona	10:00-11:00 **Aerial Yoga** Raha
9:00-10:00 **Hatha Flow** Andrea	9:15-10:15 **Vinyasa Flow** Giorgia	8:45-10:00 **Ashtanga** Marta	9:00-10:00 **Pranayama& Meditazione** Swami	10:15-11:15 **Pilates Matwork** Flora	10:00-11:00 **Hot Power Yoga** Clelia	10:15-11:15 **Hot Special Class**
10:15-11:15 **Pilates Matwork** Flora	10:30-11:30 **Hatha** Swami	10:15-11:15 **Pilates Matwork** Flora	9:15-10:15 **Vinyasa Flow** Giorgia	12:00-13:00 **Circuit Pilates** Flora	11:15-12:15 **Hatha** Swami	11:15-12:15 **Special Class**
12:00-13:00 **Circuit Pilates** Flora	11:45-12:45 **Gentle Yoga in amaca** Raha	12:00-13:00 **Circuit Pilates** Flora	10:30-11:30 **Hatha** Swami	13:15-14:15 **Vinyasa Flow** Simona	11:15-12:15 **Hot Yin** Martina/ Simona	11:30-12:30 **Hot Vinyasa** Raha
13:00-14:00 **Hot Pilates Matwork** Flora	13:00-14:00 **Vinyasa Flow** Martina	13:00-14:00 **Hot Pilates Matwork** Flora	11:45-12:45 **Gentle Yoga in amaca** Raha	13:00-14:00 **Hot Vinyasa** Martina	12:15-13:15 **Functional Flow** Alessandro	
13:15-14:15 **Vinyasa Flow** Giorgia	13:15-14:15 **Hot Vinyasa** Raha	13:15-14:15 **Vinyasa Flow** Giorgia	13:00-14:00 **Vinyasa Flow** Martina	17:00-18:00 **Pilates Matwork** Barbara		
16:45-17:45 **Hot Hatha** Swami	17:00-18:00 **Circuit Pilates** Flora	17:00-18:00 **Hatha** Andrea	13:15-14:15 **Hot Vinyasa** Raha	18:30-19:30 **Stillfit** Paula		
17:00-18:00 **Pilates Matwork** Barbara	18:00-19:00 **Hot Yin** Elena	18:00-19:00 **Hot Power Vinyasa** Martina	17:00-18:00 **Circuit Pilates** Flora			
18:00-19:00 **Hot Power Vinyasa** Martina	19:15-20:15 **Hot Hatha Flow** Simona	19:15-20:15 **Hot Vinyasa** Martina	18:00-19:00 **Hot Yin** Elena			
18:15-19:15 **Pilates Matwork** Giorgia	18:15-19:15 **Vinyasa Flow** Simona	18:15-19:15 **Pilates Matwork** Clelia	18:15-19:15 **Vinyasa Flow** Simona			
19:15-20:15 **Hot Vinyasa** Paula	19:30-20:30 **Barre** Emanuela	19:30-20:30 **Power Yoga** Clelia	19:15-20:15 **Hot Hatha Flow** Elena			
19:30-20:30 **Power Vinyasa** Martina			19:30-20:30 **Barre** Emanuela			

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