

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
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8:15-9:15 Iyengar Mayumi			8:15-9:15 Iyengar Anita			8:15-9:15 Hatha Matteo		8:15-9:15 Iyengar Anita		8:15-9:15 Iyengar Mayumi			
		8:30-10:00 Ashtanga Maura						8:30-10:00 Ashtanga Maura					
9:30-10:30 Pilates Matwork Stefano			9:30-10:30 Hatha Nike			9:30-10:30 Pilates Matwork Stefano		9:30-10:30 Hatha Nike		9:30-10:30 Pilates Matwork Francesca P.			
											10:00-11:00 Hatha Flow Stefano		
10:45-12:00 Odaka Camilla	10:45-12:00 Advanced Power Vinyasa Giorgia	10:45-11:45 Hatha Flow Madeira			10:45-12:00 JM Vinyasa Federico	10:45-12:00 Advanced Power Vinyasa Giorgia		10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico			10:30-11:45 Rocket Yoga Clotilde
											11:15-12:15 Barre Vanessa		
12:05-13:05 Barre Camilla		12:00-13:00 HIIT Eleonora	12:00-13:15 Iyengar Fabiola		12:05-13:05 Yoga Postural Stefano		12:00-13:00 HIIT Eleonora	12:00-13:15 Iyengar Fabiola		12:05-13:05 Barre Camilla		12:30-13:30 Pilates Matwork Vanessa	12:00-13:00 Sunday Surprise Class
13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Pilates Matwork Stefano			13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Pilates Matwork Stefano		13:15-14:30 Vinyasa Flow Madeira				
			14:00-15:15 Iyengar liv.2 Fabiola					14:00-15:15 Iyengar liv.2 Fabiola				14:00-15:00 Aerial Yoga Federica	
													15:15-16:15 Sound Yin Federica
16:45-18:00 Power Vinyasa Alessandro	17:00-18:00 Barre Francesca F.	17:15-18:15 Hatha Matteo	17:00-18:00 Power Mat Camilla		16:45-18:00 Power Vinyasa Alessandro		17:15-18:15 Hatha Matteo		17:00-18:00 Power Mat Camilla		17:00-18:00 Barre Francesca F.		16:30-17:45 Hatha Matteo
18:30-19:30 Power Meditazione Damiano	18:15-19:15 Hatha Francesca F.	18:00-19:30 Ashtanga Maura	18:30-19:45 Vinyasa Flow Eleonora	18:15-19:15 Circuit Pilates Eleonora	18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Chiara	18:30-19:45 Iyengar liv.2 Fabiola	18:30-19:45 Vinyasa Flow Benedetta P.	18:15-19:15 Circuit Pilates Eleonora	18:00-19:15 Iyengar Anita	18:15-19:15 Hatha Flow Francesca F.	18:30-19:45 Iyengar liv.2 Fabiola	
			Benedetta P.										
	19:30-20:30 Pilates Matwork Simona P.		19:30-20:30 Power Mat Eleonora		19:30-20:30 Pilates Matwork Simona P.				19:30-20:30 Barre Eleonora		19:30-20:45 Rocket Yoga Giorgia	19:30-20:30 Pilates Matwork Simona P.	
19:45-21:00 Shastra Flow Damiano	19:45-20:45 Restorative Madeira	20:00-21:00 Hot Yin Benedetta P.			19:45-21:00 Shastra Flow Damiano		20:00-21:00 Iyengar Fabiola	20:00-21:00 Hot Yin Benedetta P.					

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