

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
8:15-9:15 Iyengar Mayumi	8:30-10:00 Ashtanga Mysore Eva		8:30-10:00 Ashtanga Maura		8:15-9:15 Hatha Matteo		8:30-10:00 Ashtanga Mysore Eva	8:30-10:00 Ashtanga Maura		8:15-9:15 Iyengar Mayumi			
9:30-10:30 Pilates Matwork Heloise		9:15-10:15 Hatha Basic Nike			9:30-10:30 Pilates Matwork Heloise		9:15-10:15 Hatha Basic Nike			9:30-10:30 Pilates Matwork Francesca P.			
10:45-12:00 Power Vinyasa Giorgia		10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico	10:45-12:00 Power Vinyasa Giorgia		10:45-11:45 Hatha Flow Madeira			10:45-12:00 JM Vinyasa Federico	10:30-11:30 Hatha Matteo		10:30-11:45 Rocket Yoga Clotilde
12:05-13:05 Aerial Pilates Francesca P.		12:00-13:00 Funzionale Eleonora	12:00-13:15 Iyengar Fabiola				12:00-13:00 Funzionale Eleonora	12:00-13:15 Iyengar Fabiola	12:05-13:05 Aerial Pilates Francesca P.		11:45-12:45 Barre Vanessa		12:00-13:00 Sunday Surprise Class
12:15-13:30 Rocket Yoga Giorgia													
13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Pilates Matwork Agostina		13:15-14:30 Vinyasa Flow Madeira			13:30-14:30 Pilates Matwork Agostina		13:15-14:30 Vinyasa Flow Madeira		13:00-14:00 Pilates Matwork Vanessa		
			14:00-15:15 Iyengar liv.2 Fabiola					14:00-15:15 Iyengar liv.2 Fabiola					
ENG	16:45-18:00 Power Vinyasa Alessandro	ENG	17:00-18:00 Barre Marisella		16:45-18:00 Power Vinyasa Alessandro		ENG	17:00-18:00 Barre Marisella		17:00-18:00 Barre Francesca F.	ENGLISH		
17:00-18:00 Barre Marisella		17:15-18:15 Inside Flow Ditya					17:15-18:15 Inside Flow Ditya				16:30-17:45 Inside Flow Ditya		
18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Francesca F.	18:30-19:30 Meditazione Damiano	18:30-19:45 Vinyasa Flow Benedetta P.	18:15-19:15 Circuit Pilates Eleonora	18:00-19:15 Iyengar Anita	18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Francesca F.	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 JM Vinyasa Simona		
19:45-21:00 Shastra Flow Damiano	19:30-20:30 Pilates Matwork Karin	19:45-20:45 Intro allo Yoga Francesca F.	20:00-21:00 Hot Yin Benedetta P.	19:30-20:30 Barre Eleonora	19:45-20:45 Restorative Madeira	19:45-21:00 Shastra Flow Damiano	20:00-21:15 Sutra& Pranayama Fabiola	20:00-21:00 Hot Yin Benedetta P.	19:30-20:30 Barre Eleonora	19:30-20:45 Rocket Yoga Giorgia	19:30-20:30 Pilates Matwork Karin		

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