

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI				SABATO			
8:15-9:15 Core & Stretch Filippo	8:00-9:00 Pilates Matwork Giulia	8:30-09:45 Power Vinyasa Priscilla			8:00-9:00 Pilates Matwork Karin		7:45-8:45 Early Rise Damiano		8:15-9:15 Core & Stretch Filippo		8:00-9:00 Pilates Matwork Giulia		8:30-09:45 Power Vinyasa Priscilla	8:00-9:00 Pilates Matwork Karin		7:45-8:45 Early Rise Damiano	8:00-9:00 Pilates Matwork Giulia						
	9:00-10:15 Hatha Samuela				9:30-10:30 Hatha Basic Nike		9:30-10:30 Postural Pilates Karin		9:30-10:45 Hatha Flow Chiara		9:15-10:30 Iyengar Fabiola			9:00-10:15 Shashtra Flow Damiano		9:00-10:15 Hatha Samuela	9:00-10:30 Ashtanga Maura						
13:15-14:15 Pilates Matwork Eleonora	13:30-14:30 Funzionale Maurizio																						
18:15-19:15 Barre Heloise	19:00-20:00 Restorativa Madeira	19:30-20:45 Power Vinyasa Patricia	19:45-21:00 Hatha Flow Orsetta																				
19:30-20:30 Core & Stretch Fabiola Z.																							
20:00-21:00 Rocket Yoga Clotilde																							
Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.																							