

LUNEDI

	7:45-8:45 Early Rise Sarah	7:45-8:45 Pilates Matwork Antonella
8:00-9:00 Pilates Matwork Karin		
		9:15-10:15 Hatha Sarah
10:30-11:45 Vinyasa Flow Madeira		
ENG		
12:00-13:00 Barre Alexandra	12:00-13:00 Matwork Stefano	
ENG		
13:15-14:15 Power Mat Alexandra	13:15-14:30 Ashtanga Samuela	13:30-14:30 Matwork Stefano
ENG		
17:30-18:30 Barre Alexandra		17:30-18:30 Core& Stretch Fabiola Z.
ENG	18:15-19:30 Iyengar Mayumi	
18:45-19:45 Power Mat Alexandra		19:00-20:00 Hatha Matteo
20:00-21:15 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	

MARTEDI

	7:45-8:45 Pilates Matwork Vanessa	
8:00-9:00 Pilates Matwork liv.2 Sara		
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
ENG		
13:15-14:15 Power Mat Alexandra	13:30-14:30 JM Vinyasa Simona	13:15-14:30 Ashtanga Alessandra
17:15-18:15 Barre Vanessa		
	18:15-19:15 Matwork Stefano	
18:30-19:30 Hatha Francesco P.		
19:45-21:00 Power Vinyasa liv.2 Giorgia	19:30-20:45 Candle Light Hatha Chiara	19:30-20:30 Matwork liv.2 Stefano

MERCOLEDI

	7:45-8:45 Pilates Matwork liv.2 Stefano	
8:00-9:00 Pilates Matwork Karin		
9:00-10:15 Iyengar Fabiola		
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Postural Matwork Antonella		
13:15-14:15 Barre Antonella	13:15-14:30 Ashtanga Samuela	13:30-14:30 Matwork Chiara C.
17:30-18:30 Core& Stretch Fabiola Z.		
18:30-19:30 Hot yin Benedetta P.	18:15-19:30 Iyengar Mayumi	
20:00-21:15 Power Vinyasa Alessandro	19:45-21:00 Hatha Flow Benedetta P.	19:30-20:30 Hatha Stefano

GIOVEDI

	7:45-8:45 Pilates Matwork Vanessa	7:45-8:45 Early Rise Sarah
8:00-9:00 Pilates Matwork liv.2 Sara		
9:00-10:15 Rocket Yoga Clotilde	9:00-10:15 Iyengar Mayumi	9:15-10:15 Hatha Sarah
10:30-11:45 Hatha Flow Francesco P.		
12:00-13:00 Postural Yoga Stefano		
ENG		
13:15-14:15 Power Mat Alexandra	13:30-14:30 JM Vinyasa Simona	
17:15-18:15 Restorative Meditation Sarah		
	18:15-19:15 Matwork Stefano	
18:30-19:30 Hatha Francesco P.		
19:45-21:00 Power Vinyasa liv.2 Giorgia	19:30-20:45 Candle Light Hatha Chiara	19:30-20:30 Matwork liv.2 Stefano

VENERDI

	7:45-8:45 Pilates Matwork liv.2 Stefano	
8:00-9:00 Pilates Matwork Karin		
9:00-10:15 Iyengar Fabiola		
10:30-11:45 Power Vinyasa Giorgia		
12:00-13:00 Barre Antonella		
13:15-14:15 Pilates Matwork liv.2 Antonella	13:15-14:30 Ashtanga Mysore Samuela	13:30-14:30 Matwork Stefano
ENG		
17:30-18:30 Barre Alexandra	18:00-19:00 Restorative Madeira	
ENG		
18:45-19:45 Power Mat Alexandra		19:00-20:00 Hatha Federica
	19:15-20:15 Vinyasa Flow Madeira	

SABATO

		9:45-10:45 Pilates Matwork Chiara C.
10:30-11:45 JM Vinyasa Federico		11:00-12:00 Introduzione allo Yoga Chiara
12:00-13:30 Ashtanga Maura Samuela e Giada		12:15-13:15 Yin Chiara

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