LUNEDÌ

SALA A	SALA B	PERSONAL LAB		
		*8:30 Pilates Studio Patricia	8:30 Reformer Luca	8:30 Circuito Palestra Giorgio
9:00 Pilates Veronica		*9:30 Reformer Patricia	9:30 Pilates Studio Luca	9:30 Circuito Palestra Giorgio
10:00 Pilates Veronica			*10:30 Pilates Studio Luca	*10:30 Circuito Palestra Giorgio
*11:00 Pilates			*11:00 Circuito Pilates Studio Veronica	*11:00 Pilates Studio/ Reformer
13:30 Pilates Veronica	*13:30 Yoga Alex			*13:30 Pilates Studio Luca
				*14:30 Circuito Palestra
17:00 Pilates Veronica	17:00 Posturale Mobilità e Stretching Cristina			
18:00 Pilates + Streaming Veronica	18:00 Danza Moderna Afshin		18:15 Pilates Studio Luca	18:00 Circuito Palestra Giorgio
19:00 Pilates + Streaming Veronica	19:00 Cali - Yoga Alex	19:00 Vinyasa Yoga Cristina (Auditorium)	19:10 Reformer Luca	19:00 Circuito Palestra Giorgio

MARTEDÌ

SALA A	SALA B	PERSONAL LAB		
		8:30 Pilates Studio Luca	8:15 Reformer Patricia	8:30 Circuito Palestra Giorgio
		9:30 Reformer Luca	9:30 Pilates Studio Patricia	9:30 Circuito Palestra Giorgio
*10:30 Corpo Libero S.Giuliana Veronica		10:30 Reformer Luca	10:30 Pilates Studio Patricia	
11:00 Posturale Mobilità e Stretching Cristina	*10:30 Ginnastica Posturale Michele			
	11:30 Ginnastica Posturale Michele			
13:30 Pilates Patricia				13:30 Circuito Palestra Cristina
	14:30 Posturale Mobilità e Stretching Cristina	14:30 Pilates Studio Patricia		
18:00 Corpo Libero	18:00 Pilates Veronica		18:00 Reformer Luca	18:00 Circuito Palestra Giorgio
19:00 Pilates Veronica		*19:00 Pilates Alex	19:00 Pilates Studio Luca	19:00 Circuito Palestra Giorgio

MERCOLEDÌ

SALA A	SALA B	PERSONAL LAB		
8:30 Pilates Patricia		8:30 Circuito Pilates Studio Veronica	8:30 Reformer Luca	8:30 Circuito Palestra Giorgio
	*9:30 Ginnastica Dolce Luca	9:30 Reformer Veronica	9:30 Pilates Studio Patricia	*9:30 Circuito Palestra Giorgio
		10:30 Circuito Pilates Studio Veronica	10:30 Pilates Studio Luca	10:30 Reformer Patricia
	*11:30 Corpo Libero Veronica			
				12:30 Corpo Libero Leonardo
	13:30 Pilates Veronica		13:30 Pilates Studio Luca	13:30 Circuito Palestra Leonardo
				14:30 Interval Training Leonardo
*17:00 Pilates Alex			*17:00 Pilates Studio Luca	
18:00 Yoga Alex	18:00 Corpo Libero Veronica		18:00 Pilates Studio Luca	*18:00 Circuito Palestra Giorgio
19:00 Yoga Avanzato Alex	19:00 Circuito Veronica		19:00 Reformer Luca	*19:00 Circuito Palestra Giorgio

GIOVEDÌ

SALA A	SALA B	PERSONAL LAB		
8:30 Yoga Alex		8:30 Reformer Patricia	8:15 Pilates Studio Luca	8:30 Circuito Palestra Giorgio
10:00 Yoga Alex		9:30 Pilates Studio Patricia	9:30 Reformer Luca	*9:30 Circuito Palestra Giorgio
		10:30 Pilates Studio Patricia	10:30 Reformer Luca	
11:00 Posturale Mobilità e Stretching Cristina				
13:30 Yoga Alex	13:30 Pilates Patricia			
			14:30 Pilates Studio Patricia	
17:00 Pilates Veronica	*17:00 Posturale Mobilità e Stretching Cristina			
18:00 Pilates + Streaming Veronica	18:00 Pilates Barre Laura		18:15 Pilates Studio Luca	18:00 Circuito Palestra Giorgio
19:00 Pilates + Streaming Veronica	19:00 Pilates Barre Laura	19:00 Vinyasa Yoga Cristina (Auditorium)	19:10 Pilates Studio Luca	19:00 Circuito Palestra Giorgio

VENERDÌ

SALA A	SALA B	PERSONAL LAB		
8:15 Pilates Veronica		*8:30 Reformer Luca	8:15 Pilates Studio Patricia	8:30 Circuito Palestra Giorgio
9:00 Pilates Veronica		*9:30 Pilates Studio Luca	9:15 Reformer Patricia	*9:30 Circuito Palestra Giorgio
10:00 Pilates Veronica			10:15 Pilates Studio Patricia	
*11:00 Circuito Palestra Veronica				
13:30 Corpo Libero Cristina	13:30 Pilates Alex			13:30 Circuito Palestra Veronica
14:30 Posturale Mobilità e Stretching Cristina				*14:30 Circuito Palestra
18:00 Pilates Veronica	18:00 Corpo Libero			*18:00 Circuito Palestra Giorgio
19:00 Pilates	19:00 Circuito	*19:00 Cali - Yoga Alex	*19:00 Circuito Pilates Studio Veronica	*19:00 Circuito Palestra

SABATO

SALA A	SALA B	PERSONAL LAB	
	*9:00 Circuito Corpo Libero	*9:00 Pilates Studio/ Reformer	*9:00 Circuito Palestra
10:00 Yoga Dolce Alex	10:00 Pilates	10:00 Pilates Studio/ Reformer	10:00 Circuito Palestra
11:30 Yoga Advanced Alex	11:00 Pilates Barre Laura	11:00 Pilates Studio/ Reformer	
	*12:00 Pilates	*12:00 Circuito Corpo Libero	