LUNEDI

- 8:15-9:15 **Core &Stretch** Filippo
- 8:00-9:00 **Pilates Matwork** Giulia
- 9:00-10:15 **Hatha** Samuela
- 12:00-13:00 **Circuit Pilates** Eleonora
- 13:15-14:15 **Pilates Matwork** Eleonora
- 13:30-14:30 **Funzionale** Maurizio
- 17:00-18:00 **Pilates TRX** Heloise
- 18:15-19:15 **Barre** Heloise
- 18:30-19:30 **Hatha** Francesco P.
- 19:30-20:30 **Core& Stretch** Fabiola Z.
- 19:45-21:00 **Vinyasa Flow** Giorgia
- 9:30-10:30 **Hatha Basic** Nike
- 19:00-20:00 **Restorative** Madeira
- 20:00-21:00 **Barre** Stefano
- 8:30-09:45 **Power Vinyasa** Priscilla
- 10:45-11:45 **Yoga Postural Therapeutic** Nike
- 18:30-19:30 **Power Vinyasa Flow** Giorgia
- 19:45-21:00 **Hatha Flow** Orsetta

MARTEDI

- 9:30-10:30 **Postural Pilates** Karin
- 13:15-14:15 **Barre** Heloise
- ENG
- 17:30-18:30 **Power Mat** Alexandra
- ENG
- 18:45-19:45 **Barre** Alexandra
- 19:50-20:50 **Pilates Matwork** Antonella
- 8:00-9:00 **Pilates Matwork** Karin
- 9:30-10:45 **Hatha Flow** Chiara
- 12:00-13:00 **Pilates TRX** Heloise
- 13:30-14:45 **JM Vinyasa** Federico
- 18:00-19:00 **Aerial Yoga** Federica
- 19:15-20:30 **Sound Hatha** Federica
- 9:15-10:30 **Iyengar** Fabiola
- 18:00-19:00 **Iyengar** Mayumi
- 19:15-20:45 **Ashtanga** Samuela
- 7:45-8:45 **Early Rise** Damiano
- 9:00-10:15 **Shastra Flow** Damiano
- 19:30-20:45 **JM Vinyasa** Federico
- 18:00-19:00 **Pre-post parto** Samuela

MERCOLEDI

- 8:15-9:15 **Core &Stretch** Filippo
- 8:00-9:00 **Pilates Matwork** Giulia
- 9:00-10:15 **Hatha** Samuela
- 12:00-13:00 **Circuit Pilates** Eleonora
- 13:15-14:15 **Pilates Matwork** Eleonora
- 13:30-14:30 **Funzionale** Maurizio
- 17:00-18:00 **Pilates TRX** Heloise
- 18:15-19:15 **Barre** Heloise
- 18:30-19:30 **Hatha** Francesco P.
- 19:30-20:30 **Core& Stretch** Fabiola Z.
- 19:45-21:00 **Vinyasa Flow** Giorgia
- 8:45-10:15 **Ashtanga** Giada
- 19:30-20:30 **Intro allo Yoga** Francesco P.
- 8:30-09:45 **Power Vinyasa** Priscilla
- 18:30-19:30 **Power Vinyasa Flow** Giorgia
- 19:45-21:00 **Hatha Flow** Orsetta

GIOVEDI

- 13:15-14:15 **Barre** Heloise
- ENG
- 17:30-18:30 **Power Mat** Alexandra
- ENG
- 18:45-19:45 **Barre** Alexandra
- 19:50-20:50 **Pilates Matwork** Antonella
- 8:00-9:00 **Pilates Matwork** Karin
- 9:30-10:30 **Postural Pilates** Karin
- 12:00-13:00 **Pilates TRX** Heloise
- 13:30-14:45 **JM Vinyasa** Federico
- 18:00-19:00 **Aerial Yoga** Federica
- 19:15-20:30 **Sound Hatha** Federica
- 9:15-10:30 **Iyengar** Fabiola
- 19:15-20:45 **Ashtanga** Samuela
- 7:45-8:45 **Early Rise** Damiano
- 9:00-10:15 **Shastra Flow** Damiano
- 11:00-12:00 **Yoga Postural Therapeutic** Nike
- 18:15-19:15 **Meditazione** Federico
- 19:30-20:45 **JM Vinyasa** Federico

VENERDI

- 8:00-9:00 **Pilates Matwork** Giulia
- 9:45-10:45 **Postural Pilates Matwork** Karin
- 13:15-14:15 **Pilates Matwork** Francesco G.
- 17:15-18:15 **Barre** Vanessa
- 18:15-19:30 **Iyengar** Mayumi
- 9:30-10:45 **Hatha Flow** Chiara
- 12:00-13:00 **Circuit Pilates** Francesco G.
- 13:30-14:30 **Funzionale** Maurizio
- 17:15-18:15 **Aerial Flow** Giulia F.
- 18:30-19:30 **Hatha** Francesco P.
- 20:00-21:00 **Barre** Stefano
- 8:45-10:15 **Ashtanga** Giada
- 10:45-11:45 **Postural Yoga** Stefano
- 13:15-14:15 **Power Vinyasa** Priscilla
- 18:00-19:00 **Hot Yin** Benedetta
- 18:30-19:30 **Pilates Matwork** Vanessa
- 19.15-20.30 **JM Vinyasa** Federico

SABATO

- 9:30-10.30 **Pilates Matwork** Simona
- 11:00-12:00 **Aerial Yoga** Federica
- 12:00-13:15 **JM Vinyasa** Simona
- ENG
- 10:30-11:45 **Inside Flow** Ditya
- 12:00-13:00 **Barre** Chiara C.
- 12:15-13:15 **Funzionale** Gabriele

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