

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI				SABATO				
8:00-9:00 Core & Stretch Filippo	8:00-9:00 Pilates Matwork Giulia				8:00-9:00 Pilates Matwork Karin	8:00-9:00 Pilates Matwork Antonella	7:45-8:45 Early Rise Damiano	8:00-9:00 Core & Stretch Filippo	8:00-9:00 Pilates Matwork Giulia				8:00-9:00 Pilates Matwork Karin	8:00-9:00 Pilates Matwork Antonella	7:45-8:45 Early Rise Damiano	8:00-9:00 Pilates Matwork Giulia								
			8:30-09:45 Power Vinyasa Priscilla																					
	9:00-10:15 Hatha Samuela						9:00-10:15 Shashtra Flow Damiano		9:00-10:15 Hatha Samuela		8:45-10:15 Ashtanga Giada				9:00-10:15 Shashtra Flow Damiano				8:45-10:15 Ashtanga Giada			9:30-10:30 Pilates Matwork Simona		
		9:30-10:30 Hatha Basic Nike		9:30-10:30 Postural Pilates Matwork Karin	9:30-10:30 Postural Pilates Matwork Karin	9:15-10:30 Iyengar Fabiola							9:30-10:30 Postural Pilates Matwork Karin	9:15-10:30 Iyengar Fabiola			9:45-10:45 Postural Pilates Matwork Karin	9:30-10:45 Hatha Flow Chiara				9:30-10:30 Pilates Matwork Simona		
				10:45-11:45 Yoga Postural Therapeutic Nike				10:45-11:45 Circuit Pilates Manuela										11:00-12:00 Yoga Postural Therapeutic Nike		10:45-11:45 Postural Yoga Stefano			10:30-11:45 Inside Flow Ditya	
	12:00-13:00 Circuit Pilates Eleonora								12:00-13:00 Circuit Pilates Eleonora				12:00-13:00 Pilates TRX Heloise	12:15-13:15 Circuit Pilates Antonella										12:00-13:00 Barre Chiara C.
13:15-14:15 Pilates Matwork Eleonora	13:30-14:30 Funzionale Maurizio				13:15-14:15 Barre Heloise	13:15-14:15 Power Mat Camilla		13:15-14:15 Pilates Matwork Eleonora	13:30-14:30 Funzionale Maurizio						13:15-14:15 Barre Heloise	13:15-14:15 Power Vinyasa Priscilla	13:30-14:30 Funzionale Maurizio							12:15-13:15 Funzionale Gabriele