

## LUNEDI

8:00-9:00 Pilates Matwork Karin	7:45-8:45 Early Rise Sarah	7:45-8:45 Pilates Matwork Antonella
		9:15-10:15 Hatha Sarah
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Barre Heloise	12:00-13:00 Matwork Stefano	
13:15-14:15 Pilates Matwork liv.2 Heloise	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

8:00-9:00 Pilates Matwork liv.2 Sara	7:45-8:45 Pilates Matwork Vanessa	
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		
18:30-19:30 Hatha Francesco P.	18:15-19:15 Matwork Stefano	
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

8:00-9:00 Pilates Matwork Karin	7:45-8:45 Pilates Matwork liv.2 Stefano	
9:00-10:15 Iyengar Fabiola		
10:30-11:45 Vinyasa Flow Madeira		
12:00-13:00 Postural Matwork Heloise		
13:15-14:15 Barre Heloise	13:15-14:30 Ashtanga Samuela	13:30-14:30 Matwork Chiara C.
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

8:00-9:00 Pilates Matwork liv.2 Sara	7:45-8:45 Pilates Matwork Vanessa	7:45-8:45 Early Rise Sarah
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		
18:30-19:30 Hatha Francesco P.	18:15-19:15 Matwork Stefano	
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

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