

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
	8:15-9:15 Iyengar Mayumi		8:30-10:00 Ashtanga Maura		8:15-9:15 Hatha Matteo				8:15-9:15 Iyengar Mayumi				
	9:30-10:30 Matwork Stefano	9:15-10:15 Hatha Nike			9:30-10:30 Matwork Stefano		9:15-10:15 Hatha Nike		9:30-10:30 Pilates Matwork Francesca P.		10:00-11:00 Hatha Matteo		
	10:45-12:00 Power Vinyasa Giorgia	10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico	10:45-12:00 Power Vinyasa Giorgia		10:45-11:45 Hatha Flow Madeira		10:45-12:00 JM Vinyasa Federico				10:30-11:45 Rocket Yoga Clotilde
	12:05-13:05 Barre Francesca P.	12:00-13:00 HIT Eleonora	12:00-13:15 Iyengar Fabiola	12:05-13:05 Yoga Postural Stefano		12:00-13:00 HIT Eleonora	12:00-13:15 Iyengar Fabiola	12:05-13:05 Barre Francesca P.		11:15-12:15 Barre Vanessa			12:00-13:00 Sunday Surprise Class
12:15-13:30 Rocket Yoga Giorgia											12:30-13:30 Pilates Matwork Vanessa		
	13:15-14:30 Vinyasa Flow Madeira	13:30-14:30 Matwork Stefano		13:15-14:30 Vinyasa Flow Madeira		13:30-14:30 Matwork Stefano		13:15-14:30 Vinyasa Flow Madeira					
			14:00-15:15 Iyengar liv.2 Fabiola					14:00-15:15 Iyengar liv.2 Fabiola			14:00-15:00 Aerial Yoga Federica		
16:45-18:00 Power Vinyasa Alessandro	17:00-18:00 Barre Francesca F.	17:15-18:15 Hatha Matteo	17:00-18:00 Funzionale Gabriele		16:45-18:00 Power Vinyasa Alessandro	17:15-18:15 Hatha Matteo	17:00-18:00 Funzionale Gabriele	17:00-18:00 Barre Francesca F.		15:15-16:15 Sound Yin Federica	16:30-17:45 Inside Flow Ditya		
18:30-19:30 Meditazione Damiano	18:15-19:15 Hatha Francesca F.	18:00-19:30 Ashtanga Maura	18:30-19:45 Vinyasa Flow Benedetta P.	18:00-19:15 Iyengar Anita	18:00-19:30 Ashtanga Maura	18:15-19:15 Hatha Chiara	18:30-19:45 Iyengar liv.2 Fabiola	18:15-19:15 Circuit Pilates Eleonora	18:00-19:15 Iyengar Anita	18:15-19:15 Hatha Flow Francesca F.		18:00-19:15 JM Vinyasa Simona	
19:30-20:30 Pilates Matwork Simona P.	19:45-20:45 Intro allo Yoga Francesca F.		19:30-20:30 Barre Eleonora	19:45-20:45 Restorative Madeira	19:45-21:00 Shastra Damiano	19:30-20:30 Pilates Matwork Simona P.	20:00-21:00 Sutra& Pranayama Fabiola	19:30-20:30 Barre Eleonora	19:30-20:30 Pilates Matwork Simona P.	19:30-20:45 Rocket Yoga Giorgia			
19:45-21:00 Shastra Flow Damiano		20:00-21:00 Hot Yin Benedetta P.											
Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.													