

ORARIO LEZIONI IN PRESENZA E ONLINE

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
10.00 - 11.00 POSTURAL Pilates VALENTINA		9.30 - 10.30 POSTURAL Pilates VALENTINA	9.30 - 10.30 POWER OLISTIC NOEMI	10.00 - 11.00 Pilates TONE VALENTINA		10.00 - 11.00 Pilates TONE VALENTINA		9.00 - 10.00 Pilates ELITA			
		10.30 - 11.30 Yoga Stretch VALENTINA					9.30 - 10.30 POWER OLISTIC NOEMI	10.00 - 11.00 Yoga Stretch VALENTINA			10.00 - 11.00 Pilates FUSION ELITA
13.30 - 14.30 POWER YOGA FLOW VALENTINA		13.30 - 14.30 POWER OLISTIC NOEMI		13.30 - 14.30 Pilates TONE VALENTINA		12.00 - 13.30 KALISTHENICS GIANLUCA		13.30 - 14.30 POWER YOGA FLOW VALENTINA	13.30 - 14.30 POSTURAL Pilates NOEMI		
						13.30 - 14.30 YOGA POSTURALE con supporti THOMAS	13.30 - 14.30 Pilates ELITA	15.00 - 16.00 YOGA FLOW ELITA			
16.00 - 17.00 POSTURAL Pilates VALENTINA				16.00 - 17.00 Pilates TONE VALENTINA	16.15 - 17.00 Yoga post Parto LAVINIA						
					17.15 - 18.00 Yoga post Parto LAVINIA		17.00 - 18.00 Pilates NOEMI	17.00 - 18.00 Centered Yoga Vinyasa THOMAS	17.00 - 18.00 POWER OLISTIC NOEMI		
17.30 - 18.30 POSTURAL Pilates VALENTINA		17.00 - 18.00 Pilates NOEMI		17.30 - 18.30 POWER YOGA FLOW VALENTINA	18.15 - 19.00 Yoga in Gravidanza LAVINIA	17.30 - 18.30 CORE YOGA THOMAS		18.00 - 19.00 YOGA POSTURALE con supporti THOMAS	18.00 - 19.00 Pilates NOEMI		
18.30 - 19.30 POWER YOGA FLOW VALENTINA	18.00 - 19.00 Functional Pilates NOEMI	18.30 - 19.30 Asthanga Vinyasa Yoga THOMAS		18.30 - 19.30 Pilates TONE VALENTINA	19.15 - 20.00 Yoga in Gravidanza LAVINIA	18.30 - 19.30 HATHA POSTURAL YOGA THOMAS	18.00 - 19.00 Functional Pilates NOEMI	19.15 - 20.15 Yoga in Gravidanza LAVINIA			
	19.00 - 20.00 HATHA YOGA THOMAS	19.45 - 20.45 YOGA POSTURALE con supporti THOMAS				19.45 - 20.45 YOGA POSTURALE con supporti THOMAS		19.30 - 21.00 KALISTHENICS GIANLUCA			
20.00 - 21.30 KALISTHENICS GIANLUCA	20.15 - 21.15 Pilates ELITA	20.15 - 21.30 DIFESA PERSONALE URBANA MIRCO		20.00 - 21.30 KALISTHENICS GIANLUCA	20.15 - 21.15 YOGA FLOW ELITA	20.15 - 21.30 DIFESA PERSONALE URBANA MIRCO					

LEZIONE in PRESENZA e ONLINE

Per Informazioni sui Corsi Contattare:

VALENTINA 349 224 2438	THOMAS 380 711 3070	LARA 329 692 2971	NOEMI 338 788 4532	GIANLUCA 333 464 1570	LAVINIA 349 280 4852	ELITA 333 104 3672	MIRCO 349 638 4721
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