

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 POWER OLISTIC NOEMI	9.30 - 10.30 POSTURAL Pilates VALENTINA		10.00 - 11.00 Pilates TONE VALENTINA		9.30 - 10.30 POWER OLISTIC NOEMI		9.00 - 10.00 Pilates ELITA		
	13.30 - 14.30 POWER YOGA FLOW VALENTINA	13.30 - 14.30 POWER OLISTIC NOEMI	10.30 - 11.30 Yoga Stretch VALENTINA		13.30 - 14.30 Pilates TONE VALENTINA		12.00 - 13.30 KALISTHENICS GIANLUCA		10.00 - 11.00 Yoga Stretch VALENTINA		10.00 - 11.00 Pilates FUSION ELITA
	16.00 - 17.00 POSTURAL Pilates VALENTINA				16.00 - 17.00 Pilates TONE VALENTINA		13.30 - 14.30 YOGA POSTURALE con supporti THOMAS	13.30 - 14.30 Pilates ELITA	13.30 - 14.30 POSTURAL Pilates NOEMI	13.30 - 14.30 POWER YOGA FLOW VALENTINA	
	17.30 - 18.30 POSTURAL Pilates VALENTINA	17.00 - 18.00 Pilates NOEMI	17.30 - 18.30 HATHA YOGA POSTURALE THOMAS	16.15 - 17.15 Yoga post Parto LAVINIA	17.30 - 18.30 POWER YOGA FLOW VALENTINA		17.30 - 18.30 CORE YOGA THOMAS	17.00 - 18.00 Pilates NOEMI	17.00 - 18.00 Centered Yoga Vinyasa THOMAS	17.00 - 18.00 POWER OLISTIC NOEMI	
18.00 - 19.00 Functional Pilates NOEMI	18.30 - 19.30 POWER YOGA FLOW VALENTINA	18.30 - 19.30 Asthanga Vinyasa Yoga THOMAS	18.00 - 19.00 Pilates TONE NOEMI	17.30 - 18.30 Yoga in Gravidanza LAVINIA	18.30 - 19.30 Pilates TONE VALENTINA		18.30 - 19.30 HATHA YOGA POSTURALE THOMAS	18.00 - 19.00 Functional Pilates NOEMI	18.00 - 19.00 YOGA POSTURALE con supporti THOMAS	18.00 - 19.00 Pilates NOEMI	
19.00 - 20.00 HATHA YOGA THOMAS		19.45 - 20.45 YOGA POSTURALE con supporti THOMAS	20.15 - 21.30 DIFESA PERSONALE URBANA MIRCO	18.45 - 19.45 Yoga in Gravidanza LAVINIA			19.45 - 20.45 YOGA POSTURALE con supporti THOMAS		19.30 - 21.00 KALISTHENICS GIANLUCA	19.15 - 20.15 Yoga in Gravidanza LAVINIA	
20.00 - 21.30 KALISTHENICS GIANLUCA	20.15 - 21.15 Pilates ELITA			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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