

ORARIO CORSI 2023-24

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
06.30 HATA YOGA	08.00 PILATES MACCHINE	08.30 PILATES MACCHINE	08.00 PILATES MACCHINE		
12.15 PILATES PRENATAL	09.00 PILATES MACCHINE	10.00 PILATES MACCHINE	09.00 PILATES MACCHINE		09.00 Q.PILATES MATWORK
13.00 TOTAL BARRE (solo annuale)	10.30 YOGA DOLCE	11.00 Q.PILATES MATWORK	10.00 PILATES MACCHINE	11.30 PILATES MACCHINE	
17.00 Q.PILATES MATWORK	12.30 HATA YOGA	12.30 PILATES MACCHINE	11.00 PILATES MACCHINE	12.30 PILATES MACCHINE	
17.00 PILATES MACCHINE			12.00 PILATES MACCHINE	13.30 PILATES MACCHINE	
18.00 PILATES MACCHINE	17.00 PILATES MACCHINE				
18.45 Q.PILATES MATWORK	18.00 PILATES MACCHINE		18.45 TRX		
18.45 PILATES MACCHINE	18.45 Q.PILATES MATWORK	18.45 HATA YOGA	18.45 PILATES MACCHINE	17.45 HATA YOGA	
19.30 Q.PILATES MATWORK	18.45 PILATES MACCHINE		19.30 PILATES MACCHINE	19.30 HATA YOGA	
19.30 PILATES MACCHINE	19.30 TOTAL BARRE		20.00 Q.PILATES MATWORK		
20.15 Q.PILATES MATWORK	20.30 Q.PILATES INTENSE MAT		20.15 PILATES MACCHINE		
20.15 PILATES MACCHINE	20.30 PILATES MACCHINE	20.30 YOGA DINAMICO	21.00 PILATES MACCHINE		