

ORARIO CORSI 2023-24

LUNEDÌ

06.30	HATA YOGA
12.15	PILATES <i>PRENATAL</i>
13.00	TOTAL BARRE (solo annuale)
17.00	Q.PILATES <i>MATWORK</i>
17.00	PILATES MACCHINE
18.00	PILATES MACCHINE
18.45	Q.PILATES <i>MATWORK</i>
18.45	PILATES MACCHINE
19.30	Q.PILATES <i>MATWORK</i>
19.30	PILATES MACCHINE
20.15	Q.PILATES <i>MATWORK</i>
20.15	PILATES MACCHINE

MARTEDÌ

08.00	PILATES MACCHINE
09.00	PILATES MACCHINE
10.30	YOGA DOLCE
12.30	HATA YOGA
18.00	PILATES MACCHINE
18.45	Q.PILATES <i>MATWORK</i>
18.45	PILATES MACCHINE
19.30	TOTAL BARRE
20.30	Q.PILATES <i>INTENSE MAT</i>
20.30	PILATES MACCHINE

MERCOLEDÌ

08.30	PILATES MACCHINE
10.00	PILATES MACCHINE
11.00	Q.PILATES <i>MATWORK</i>
12.30	PILATES MACCHINE
18.45	HATA YOGA
20.30	YOGA DINAMICO

GIOVEDÌ

08.00	PILATES MACCHINE
09.00	PILATES MACCHINE
10.00	PILATES MACCHINE
11.00	PILATES MACCHINE
12.00	PILATES MACCHINE
18.45	TRX
18.45	PILATES MACCHINE
19.30	Q.PILATES <i>MATWORK</i>
19.30	PILATES MACCHINE
20.15	Q.PILATES <i>MATWORK</i>
20.15	PILATES MACCHINE
21.00	PILATES MACCHINE

VENERDÌ

17.45	HATA YOGA
19.30	HATA YOGA