

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
Hatha Yoga 09:00/10:00		Pilates Matwork 08:30/09:30		Pilates Matwork 08:30/09:30	Pilates Matwork 08:50/09:50
					Pilates Gymball 10:15/11:15
	Pilates Matwork 13:30/14:30		Pilates Matwork 13:30/14:30		
Yoga Posturale 16:30/17:30				Yoga Posturale 16:30/17:30	
Pilates Matwork 18:00/19:00	Pilates Matwork 18:00/19:00	Pilates Matwork 18:00/19:00	Pilates Matwork 18:00/19:00	Pilates Matwork 18:00/19:00	
Hatha Yoga 19:30/20:45	Sivananda 19:30/21:00	Yoga Dinamico 19:30/20:45	Sivananda 19:30/21:00	Hatha Yoga 19:30/20:45	