

Lunedì			Martedì			Mercoledì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
8.30-9.30 Pilates Reformer Lara			8.30-9.30 Pilates Tower Silvana		8.30-9.30 Fascial Pilates Chiara	8.30-9.30 Pilates Tower Lara		
9.30-10.30 Pilates Reformer Lara	9.30-10.30 Pilates Circuito Silvana	9.00-10.00 Yin Yoga Grazia	9.30-10.30 Pilates Tower Chiara	9.30-10.30 Pilates Circuito Silvana	9.30-10.30 Hatha Yoga Franca	9.30-10.30 Pilates Tower Lara		9.00-10.00 Pranayama e Meditazione- Grazia
10.30-11.30 Pilates Reformer Lara	10.30-11.30 Pilates Circuito Silvana	10.30-11.30 Posturale Pancafit Grazia	10.30-11.30 Pilates Tower Chiara					
					11.30-12.30 Ginn. Posturale Luciano			
		12.30-13.30 Pilates a Parete Silvana	12.30-13.30 Pilates Tower Silvana			12.00-13.00 Pilates Tower Verena		
13.30-14.30 Pilates Reformer Luciano			13.30-14.30 Pilates Tower Silvana			13.00-14.00 Pilates Tower Verena		13.00-14.00 Hatha Vinyasa Yoga Grazia
14.30-15.30 Pilates Reformer Luciano						14.00-15.00 Pilates Tower Verena		
		16.30-17.30 Yoga Mum&Baby Elena H.				16.30-17.30 Pilates Tow/Ref Silvana		
17.30-18.30 Pilates Reformer Giovanna	17.30-18.30 Pilates Circuito Silvana	17.30-18.30 Yoga Gravidanza Elena H.	17.30-18.30 Pilates Tower Luciano		17.30-18.30 Hatha Yoga Franca	17.30-18.30 Pilates Tow/Ref Silvana	17.30-18.30 Pilates Circuito Natasha	
18.30-19.30 Pilates Reformer Giovanna	18.30-19.30 Pilates Circuito Silvana	18.30-19.30 Hatha Vinyasa Yoga Grazia	18.30-19.30 Pilates Tower Manuela		18.30-19.30 Ginn. Posturale Luciano	18.30-19.30 Pilates Tow/Ref Silvana	18.30-19.30 Pilates Circuito Natasha	18.30-19.30 Yoga Posturale Grazia
19.30-20.30 Pilates Reformer		19.30-20.30 Pilates Matwork Silvana	19.30-20.30 Pilates Tower Luciano	19.30-20.30 Pilates Circuito Manuela		19.30-20.30 Pilates Tow/Ref Silvana		19.30-20.30 Ginn. Posturale Natasha
20.30-21.30 Pilates Reformer						20.30-21.30 Pilates Reformer Natasha		

Giovedì			Venerdì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
8.30-9.30 Pilates Reformer Silvana			8.30-9.30 Pilates Reformer Natasha		8.30-9.30 Hatha Yoga Franca
9.30-10.30 Pilates Reformer Silvana		9.00-10.00 Hatha Vinyasa Yoga Grazia	9.30-10.30 Pilates Reformer Natasha		9.30-10.30 Fascial Pilates Chiara
			10.30-11.30 Pilates Reformer Chiara		
					11.30-12.30 Ginn. Posturale Natasha
12.30-13.30 Pilates Reformer Silvana			12.00-13.00 Pilates Reformer Verena		
13.30-14.30 Pilates Reformer Silvana			13.00-14.00 Pilates Reformer Verena		
			14.00-15.00 Pilates Reformer Verena		
		16.30-17.30 Ginn.Posturale Teen Luciano			
17.30-18.30 Pilates Reformer Luciano			17.30-18.30 Pilates Reformer Luciano		
18.30-19.30 Pilates Reformer Manuela	18.30-19.30 Pilates Circuito Luciano	18.30-19.30 Hatha Yoga Franca	18.30-19.30 Pilates Reformer Luciano		18.30-19.30 Pilates Matwork Francesca
19.30-20.30 Pilates Reformer Manuela	19.30-20.30 Pilates Circuito Luciano	19.30-20.30 Vinyasa Yoga Elena S.	19.30-20.30 Pilates Reformer Luciano		
20.30-21.30 Pilates Reformer Luciano		20.30-21.30 Vinyasa Yoga Elena S.			



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- Yoga individuale
- Yoga in coppia
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- Osteopatia
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Lezioni individuali e corsi di yoga e pilates anche online

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