

Lunedì			Martedì			Mercoledì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
						7.00 Tower Angela		
8.30 Reformer Lara	8.30 Circuito Angela		8.30 Tower Silvana	8.30 Circuito Matteo	8.30 Fascial Pilates Chiara	8.30 Tower Lara	8.30 Circuito Angela	
9.30 Reformer Lara	9.30 Circuito Angela	9.00 Yin Yoga Grazia	9.30 Tower Chiara	9.30 Circuito Silvana	9.30 Hatha Yoga Franca	9.30 Tower Lara	9.30 Circuito Maddalena	9.00 Pranayama e Meditazione- Grazia
10.30 Reformer Lara		10.30 Posturale Pancafit - Grazia	10.30 Tower Matteo		10.30 Pilates Matwork- Silvana ●	10.30 Pilates Posturale - Lara ●	10.30 Osteoporosi Matteo ●	
			11.30 Tower Angela		11.30 Ginnastica Posturale-Matteo ●			11.30 Ginnastica Posturale-Matteo ●
12.30 Reformer Angela			12.30 Tower Silvana	12.30 Circuito Angela		12.00 Tower Maddalena		
13.30 Reformer Angela			13.30 Tower Matteo	13.30 Circuito Angela	13.00 Mamy Fit Elena H ●	13.00 Tower Verena	13.00 Circuito Maddalena	13.30 Pilates HIIT Matteo ●
14.30 Reformer Angela						14.00 Tower Verena	14.00 Circuito Maddalena	
16.30 Reformer Silvana			16.30 Tower Matteo			16.30 Tow/Ref Silvana		16.30 Pilates HIIT Federico ●
17.30 Reformer Giovanna	17.30 Circuito Silvana	17.30 Ipopressiva Fernanda	17.30 Tower Angela		17.30 Hatha Yoga Franca	17.30 Tow/Ref Silvana	17.30 Circuito Federico	17.30 Ginnastica Posturale - Matteo
18.30 Reformer Giovanna	18.30 Circuito Silvana	18.30 Hatha Vinyasa Yoga - Grazia	18.30 Tower Emanuela	18.30 Circuito Angela	18.30 Hatha Yoga Franca	18.30 Tow/Ref Silvana	18.30 Circuito Matteo	18.30 Yoga Posturale - Grazia
19.30 Reformer Giovanna	19.30 Circuito Fernanda	19.30 Pilates Matwork- Silvana ●	19.30 Tower Angela	19.30 Circuito Emanuela	19.30 Vinyasa Yoga - Elisa	19.30 Tow/Ref Silvana	19.30 Circuito Federico	19.30 Pilates Posturale - Matteo
20.30 Reformer Giovanna	20.30 Circuito Fernanda		20.30 Tower Angela		20.30 Handstand Dana	20.30 Reformer Matteo		20.30 Acroyoga Dana

Giovedì			Venerdì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
7.30 Reformer Matteo			7.30 Reformer Carlotta		
8.30 Reformer Silvana	8.30 Circuito Matteo		8.30 Reformer Maddalena	8.30 Circuito Silvia	8.30 Hatha Yoga Franca
9.30 Reformer Silvana	9.30 Circuito Matteo	9.00 Hatha Vinyasa Yoga - Grazia	9.30 Reformer Silvia	9.30 Circuito Maddalena	9.30 Fascial Pilates Chiara
10.30 Reformer Matteo	10.30 Circuito Silvana	10.30 Yoga Posturale Grazia ●	10.30 Reformer Chiara	10.30 Circuito Silvia	10.30 Posturale Pancafit-Maddalena
11.30 Reformer Natasha	11.30 Osteoporosi Matteo ●				
12.30 Reformer Silvana	12.30 Circuito Natasha		12.00 Reformer Maddalena		
13.30 Reformer Matteo		13.30 Hatha Yoga Franca	13.00 Reformer Verena	13.00 Circuito Maddalena	
			14.00 Reformer Verena		
15.30 Reformer Matteo					
		16.30 Posturale Teen - Matteo ●			
17.30 Reformer Silvia	17.30 Circuito Carlotta	17.30 Yoga Gravidanza Elena H ●	17.30 Reformer Giovanna		
18.30 Reformer Carlotta	18.30 Circuito Silvia ●	18.30 Hatha Yoga Franca	18.30 Reformer Giovanna		
19.30 Reformer Carlotta	19.30 Circuito Silvia. ●	19.30 Vinyasa Yoga Elena S. ●	19.30 Reformer Giovanna		
20.30 Reformer Silvia	20.30 Circuito Carlotta				



Presso il nostro centro è possibile prenotare su appuntamento:

- Personal Training
- Pilates individuale
- Pilates in coppia
- Yoga individuale
- Yoga in coppia
- Analisi Posturale
- Riequilibrio Posturale Metodo Raggi®
- Massoterapia
- Osteopatia
- Reset Emozionale

Lezioni individuali e corsi di yoga e pilates anche online

in orario di segreteria
045 4597655
oppure mandare mail a
info@dheacentroposturale.it
whatsapp o sms
351 2324421

Legenda:
Azzurro LIGHT
Viola ADVANCED
Rosa SPECIAL