

GIORNO	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
ORARIO/SALA	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB
MATTINO - PAUSA PRANZO			Mat Pilates 9:00 - 9:45					Hatha Yoga base 8:30 - 9:15				
			Mat Pilates 10:00 - 10:45		Ginnastica dolce 10:00 - 10:45		Mat Pilates 9:30 - 10:15		Mat Pilates 9:00 - 9:45	Ginnastica dolce 10:00 - 10:45		Lezione a rotazione 10:00 - 10:45
					Total functional training 12:30 - 13:30	Mat Pilates 13:00 - 13:45			Mat Pilates 13:00 - 13:45	Total functional training 12:30 - 13:30		
POMERIGGIO			Yoga terapeutico 16:00 - 17:00	Mat Pilates 16:00 - 16:45								
	Mat Pilates 17:15 - 18:00		Mat Pilates 17:15 - 18:00	Hatha Yoga base 17:00 - 18:00	Get in shape 17:15 - 18:00		Mat Pilates 17:00 - 17:45		Hatha Yoga base 17:00 - 18:00	Mat Pilates 17:00 - 17:45		
SERA	Get in shape 18:15 - 19:00		Mash up 18:15 - 19:00	Vinyasa Yoga 18:10 - 19:10	Power Pilates 18:15 - 19:00	GAG 18:00 - 18:45	Mat Pilates 18:00 - 18:45		Slim program 18:00 - 18:45	Vinyasa flow Yoga 18:15 - 19:15		
	Mat Pilates 19:15 - 20:00		Hatha Yoga multilivello 19:20 - 20:20	Mat Pilates 19:30 - 20:15	Mat Pilates 19:15 - 20:00		Get in shape 19:00 - 19:45	True power Yoga 18:45 - 19:45	Mat Pilates 19:15 - 20:00			