

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
		7.30 PILATES REFORMER		7.30 PILATES REFORMER				7.30 PILATES REFORMER	
8.30 REFOMER PER LA SCHIENA				8.30 REFOMER PER LA SCHIENA		8.30 PILATES REFORMER		8.30 REFORMER CIRCUIT	
10.00 PILATES REFORMER		10.30 PILATES REFORMER		9.30 REFORMER CIRCUIT		10.00 PILATES REFORMER		10.00 PILATES REFORMER	
13.00 PILATES REFORMER		13.00 PILATES REFOMER				13.00 PILATES REFORMER		13.00 REFORMER CIRCUIT	
		16.30 REFORMER TEEN		15.00 REFORMER PERLA SCHIENA					
		17.30 PILATES REFORMER	17.30 MOVIMENTO IN GRAVIDANZA	17.00 REFORMER PERLA SCHIENA		17.30 PILATES REFORMER		17.30 REFORMER PER LA SCHIENA	
18.00 PILATES REFORMER		18.30 PILATES REFORMER		18.00 PILATES REFORMER	18.30 MOVIMENTO IN GRAVIDANZA	18.30 REFOMER PER LA SCHIENA		18.30 PILATES REFORMER	
19.00 PILATES REFORMER		19.30 REFORMER CIRCUIT		19.00 PILATES REFORMER		19.30 REFORMER IPOPRESSIVO	19.30 PILATES MAT		
20.00 PILATES REFORMER	19.45 GINNASTICA IPOPRESSIVA			20.00 PILATES REFORMER					

- REFORMER
- PILATES
- IPOPRESSIVA E GINNASTICA PRE PARTO