

| 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<br>PILATES<br>REFORMER  |                                     | 7.30<br>PILATES<br>REFORMER        |                                     |                                    |                      | 7.30<br>PILATES<br>REFORMER         |        |
| 8.30<br>REFOMER PER<br>LA SCHIENA |                                    |                              |                                     | 8.30<br>REFOMER PER<br>LA SCHIENA  |                                     | 8.30<br>PILATES<br>REFORMER        |                      | 8.30<br>REFORMER<br>CIRCUIT         |        |
| 10.00<br>PILATES<br>REFORMER      |                                    | 10.30<br>PILATES<br>REFORMER |                                     | 9.30<br>REFORMER<br>CIRCUIT        |                                     | 10.30<br>PILATES<br>REFORMER       |                      | 10.00<br>PILATES<br>REFORMER        |        |
| 13.00<br>PILATES<br>REFORMER      |                                    | 13.00<br>PILATES<br>REFOMER  |                                     |                                    |                                     | 13.00<br>PILATES<br>REFORMER       |                      | 13.00<br>REFORMER<br>CIRCUIT        |        |
|                                   |                                    |                              |                                     |                                    |                                     |                                    |                      |                                     |        |
|                                   |                                    | 16.30<br>REFORMER<br>TEEN    |                                     | 15.00<br>REFORMER<br>PERLA SCHIENA |                                     |                                    |                      |                                     |        |
|                                   |                                    | 17.30<br>PILATES<br>REFORMER | 17.30<br>MOVIMENTO IN<br>GRAVIDANZA | 17.00<br>REFORMER<br>PERLA SCHIENA |                                     | 17.30<br>PILATES<br>REFORMER       |                      | 17.30<br>REFORMER PER<br>LA SCHIENA |        |
| 18.00<br>PILATES<br>REFORMER      |                                    | 18.30<br>PILATES<br>REFORMER |                                     | 18.00<br>PILATES<br>REFORMER       | 18.30<br>MOVIMENTO IN<br>GRAVIDANZA | 18.30<br>REFOMER PER<br>LA SCHIENA |                      | 18.30<br>PILATES<br>REFORMER        |        |
| 19.00<br>PILATES<br>REFORMER      |                                    | 19.30<br>REFORMER<br>CIRCUIT |                                     | 19.00<br>PILATES<br>REFORMER       |                                     | 19.30<br>REFORMER<br>IPOPRESSIVO   | 19.30<br>PILATES MAT |                                     |        |
| 20.00<br>PILATES<br>REFORMER      | 19.45<br>GINNASTICA<br>IPOPRESSIVA |                              |                                     | 20.00<br>PILATES<br>REFORMER       |                                     |                                    |                      |                                     |        |

- REFORMER
- PILATES
- IPOPRESSIVA E GINNASTICA PRE PARTO