

Sala Reformer

Sala Studio

	LUNEDì	MARTEDì	MERCOLEDì	GIOVEDì	VENERDì	SABATO
08.00-09.00						
	REFORMER		REFORMER		REFORMER	
09.00-10.00	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
	REFORMER	REFORMER	REFORMER	REFORMER		REFORMER
10.00-11.00	REFORMER	REFORMER	REFORMER	REFORMER		REFORMER
		REFORMER		REFORMER	REFORMER GRAVIDANZA	REFORMER
11.00-12.00						
	REFORMER	REFORMER INTERMEDIO 12.15-13.15	REFORMER SOFT	REFORMER INTERMEDIO 12.15-13.15	REFORMER	REFORMER
12.00-13.00	REFORMER INTERMEDIO		REFORMER INTERMEDIO		REFORMER INTERMEDIO	
		REFORMER		REFORMER		
13.00-14.00						
14.00-15.00						
15.00-16.00						
16.00-17.00	REFORMER SOFT		REFORMER			
	REFORMER	REFORMER	REFORMER		REFORMER	
17.00-18.00						
	REFORMER	REFORMER	REFORMER AVANZATO	REFORMER	REFORMER	
18.00-19.00		REFORMER INTERMEDIO	REFORMER	REFORMER INTERMEDIO	REFORMER	
	REFORMER		REFORMER			
19.00-20.00						
	REFORMER		REFORMER			
20.00-21.00						
	REFORMER		REFORMER			
21.00-22.00						

	LUNEDì	MARTEDì	MERCOLEDì	GIOVEDì	VENERDì	SABATO
08.00-09.00						
				STUDIO In english		
09.00-10.00	STUDIO SOFT		STUDIO SOFT			
10.00-11.00						
						STUDIO
11.00-12.00						
	STUDIO SOFT				STUDIO SOFT	
12.00-13.00						
		STUDIO		STUDIO		
13.00-14.00						
14.00-15.00						
15.00-16.00						
16.00-17.00						
	STUDIO SOFT		STUDIO SOFT			
17.00-18.00		STUDIO		STUDIO		
	STUDIO AVANZATO	STUDIO	STUDIO	STUDIO		
18.00-19.00		FUNCTIONAL STUDIO		FUNCTIONAL STUDIO		
19.00-20.00						
20.00-21.00						
21.00-22.00						

*Lezioni individuali di Gyrotonic solo su appuntamento

*Lezioni individuali o in coppia di Pilates solo su appuntamento