

Sala Reformer

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
08.00-09.00						
	REFORMER		REFORMER		REFORMER	
09.00-10.00		REFORMER		REFORMER		
	REFORMER		REFORMER		REFORMER	
10.00-11.00		REFORMER		REFORMER		REFORMER
	REFORMER		REFORMER			
11.00-12.00		REFORMER		REFORMER	REFORMER GRAVIDANZA	REFORMER
12.00-13.00	REFORMER	REFORMER INTERMEDIO 12.15-13.15	REFORMER SOFT	REFORMER INTERMEDIO 12.15-13.15	REFORMER	REFORMER
	REFORMER INTERMEDIO		REFORMER INTERMEDIO		REFORMER INTERMEDIO	
13.00-14.00		REFORMER		REFORMER		
	REFORMER		REFORMER		REFORMER	
14.00-15.00						
15.00-16.00						
16.00-17.00	REFORMER SOFT		REFORMER			
		REFORMER		REFORMER	REFORMER	
17.00-18.00		REFORMER		REFORMER	REFORMER	
	REFORMER		REFORMER		REFORMER	
18.00-19.00		REFORMER		REFORMER	REFORMER	
	REFORMER		REFORMER AVANZATO		REFORMER	
19.00-20.00		REFORMER INTERMEDIO		REFORMER INTERMEDIO	REFORMER	
	REFORMER		REFORMER			
20.00-21.00						
	REFORMER		REFORMER			
21.00-22.00						

ORARIO SEGRETERIA

Lun.-Ven. 09.00-20.30 Sab. 09.30-13.00

Sala Studio - Gyrotonic

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
08.00-09.00						
09.00-10.00						
	STUDIO SOFT		STUDIO SOFT			
10.00-11.00				STUDIO		
11.00-12.00						STUDIO
12.00-13.00	STUDIO SOFT				STUDIO SOFT	
13.00-14.00						
		STUDIO		STUDIO		
14.00-15.00						
15.00-16.00						
16.00-17.00						
17.00-18.00						
	STUDIO SOFT		STUDIO SOFT			
18.00-19.00		STUDIO		STUDIO		
	STUDIO AVANZATO		STUDIO			
19.00-20.00		FUNCTIONAL STUDIO		FUNCTIONAL STUDIO		
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