

LUN	MAR	MER	GIO	VEN	SAB
07:00 BARRE Federica		07:00 FUNCTIONAL Debora		08:00 PILATES Federica	WORKSHOP, EVENTI, CORSI DI FORMAZIONE
10:00 PILATES Federica		08:30 BARRE Silvia	09.00 BARRE Chiara	10.00 PILATES Silvia	
		09:30 SilverYOGA Silvia			
13:00 PILATES Federica	13:15 BARRE 45' Chiara	13:00 PILATES Silvia	13:15 YOGA Silvia	12.45 BARRE 45' Silvia	
17:15 PILATES Chiara		17:30 BARRE Federica			
18:30 BARRE Chiara	18.30 METCON Debora	18:45 PILATES Federica	18.30 HIIT Debora	18.30 PILATES Valentina	
19:45 BARRE 45' Silvia	19:45 SUSPENSION Debora	20:00 YOGA Chiara			

LUN	MAR	MER	GIO	VEN	SAB
08:30 REFORMER Federica	09:00 REFORMER Debora	07:15 REFORMER Silvia	10:00 REFORMER Chiara	08:30 REFORMER Debora	WORKSHOP, EVENTI, CORSI DI FORMAZIONE
		11:15 REFORMER Chiara		10:15 REFORMER Debora	
14:15 REFORMER Silvia	12:15 REFORMER Debora	13:15 REFORMER Chiara	12:30 REFORMER Chiara	13:00 REFORMER Debora	
17:30 REFORMER Silvia	17:15 REFORMER Chiara	17:15 REFORMER Valentina	17.15 YOGA BIMBI Silvia	17.30 REFORMER Valentina	
18:45 REFORMER Silvia	18.30 REFORMER Chiara	18:30 REFORMER Valentina	18.30 YOGA BIMBI Silvia		
19:45 REFORMER Chiara	19:30 REFORMER Chiara	19:30 REFORMER Valentina	19:45 STRENGTH Debora		

LUN	MAR	MER	GIO	VEN	SAB
					<p>WORKSHOP, EVENTI, CORSI DI FORMAZIONE</p>
<p>10:15 PILATES Chiara</p>					
<p>13:15 BARRE 45' Chiara</p>	<p>13:15 PILATES Silvia</p>			<p>13.15 BARRE Chiara</p>	
	<p>15:00 SilverYOGA Silvia</p>				
<p>17:15 FUNCTIONAL Debora</p>	<p>17:15 BARRE Silvia</p>		<p>17.15 PILATES Chiara</p>		
<p>18:30 METCON Debora</p>	<p>18.30 PILATES Silvia</p>	<p>18:30 HIIT Debora</p>	<p>18.30 BARRE Chiara</p>		
	<p>19:45 KICKBOXING Sonia</p>	<p>19:30 FUNCTIONAL Debora</p>			