

**TOTALBODY** SALA CORSI

LUN	MAR	MER	GIO	VEN	SAB
		07:00 FUNCTIONAL Debora		08:00 PILATES Federica	WORKSHOP, EVENTI, CORSI DI FORMAZIONE
10:00 PILATES Federica		08:30 BARRE Silvia	9:00 SUSPENSION PILATES Chiara	10.00 PILATES Silvia	
		09:30 SilverYOGA Silvia			
12:45 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 45' Federica	17:15 PILATES Chiara		
18:30 BARRE Chiara	18:30 HIIT Debora	18:30 PILATES Federica	18.30 BARRE Chiara	18.30 PILATES Valentina	
19:30 SUSPENSION PILATES Chiara	19:30 SUSPENSION TRAINING Debora	19:45 YOGA Chiara	19:45 FUNCTIONAL Debora		



TOTALBODY

REFORMER

LUN	MAR	MER	GIO	VEN	SAB
07:15 FOUNDATION Federica	09:00 ATHLETIC Debora	07:15 ALIGN Chiara			WORKSHOP, EVENTI, CORSI DI FORMAZIONE
8:30 ALIGN Federica		11:15 ATHLETIC Chiara	10:00 ALIGN Chiara	10:15 FOUNDATION Debora	
14:15 ALIGN Silvia	12:15 FOUNDATION Debora	13:15 ALIGN Chiara	12:30 ATHLETIC Chiara	13:00 ALIGN Debora	
17:15 FOUNDATION Debora	17:15 ATHLETIC Silvia	17:15 ALIGN Valentina		17.30 ALIGN Valentina	
18:15 FOUNDATION Debora	18.30 ALIGN Silvia	18:30 FOUNDATION Valentina	18.30 ATHLETIC Debora		
19:30 ALIGN Debora	19:30 FOUNDATION Silvia	19:30 ATHLETIC Valentina	19:45 ALIGN Chiara		



TOTALBODY

BERNEZZO

LUN	MAR	MER	GIO	VEN	SAB
					WORKSHOP, EVENTI, CORSI DI FORMAZIONE
10:15 PILATES Chiara					
13:15 BARRE 45' Chiara	13:15 PILATES Silvia			13.15 BARRE Chiara	
			15:00 SilverYOGA Silvia		
17:15 PILATES Silvia	17:15 BARRE Chiara		17.15 YOGA BIMBI Silvia		
18:30 BARRE Silvia	18.30 PILATES Chiara	18:30 HIIT Debora	18.30 BARRE Silvia		
19:30 BARRE 45' Silvia	19:45 KICKBOXING Sonia	19:30 FUNCTIONAL Debora	19.30 PILATES Silvia		