LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	ATTIVITA'	DI STUDIO	SMALL GROUP		
7:00 Pilates Studio Reformer GIOVANNI		7:00 Pilates Studio Reformer GIOVANNI		7:00 Pilates Studio Reformer GIOVANNI	
8:00 Pilates Studio Reformer GIOVANNI	8:10 Pilates Studio Reformer GIOVANNI	8:00 Pilates Studio Reformer GIOVANNI	8:10 Pilates Studio Reformer GIOVANNI	8:00 Pilates Studio Reformer GIOVANNI	
10:00 Pilates Studio Reformer FRANCESCA		10:00 Pilates Studio Reformer GIOVANNI		10:00 Studio Pilates GIOVANNI/MARTA	
11:00 Pilates Studio Reformer FRANCESCA				11:00 Pilates Reformer FRANCESCA	
13:00 Pilates Studio Reformer GIOVANNI	13:00 Pilates Studio Reformer GIOVANNI	13:00 Pilates Studio Reformer GIOVANNI	13:00 Pilates Studio Reformer GIOVANNI	13:00 Studio Pilates LAURA	
14:00 Pilates Studio Reformer GIOVANNI			14:00 Pilates Studio Reformer GIOVANNI		
17:30 Pilates Studio Reformer GIULIA	17:30 Pilates Studio Reformer MARTA	17:30 Pilates Studio Reformer GIULIA	17:30 Pilates Studio Reformer MARTA		
18:30 Pilates Studio Reformer GIOVANNI	18:30 Pilates Studio Reformer MARTA	18:30 Pilates Studio Reformer MARIKA	18:30 Pilates Studio Reformer MARTA		
	19:30 Pilates Studio Reformer MARTA	19:30 Pilates Reformer MARIKA	19:30 Pilates Studio Reformer MARTA		
	ATTIVITA'	DI SALA A	CORPO LIBERO		
7:30 Vinyasa Ashtanga Yoga VALENTINA				7:30 Vinyasa Ashtanga Yoga VALENTINA	
10:00 Pancafit Posturale GIOVANNI		10:00 Pancafit Posturale GIOVANNI		10:00 Pilates Posturale GIOVANNI/MARTA	
18:30 Pilates Matwork GIULIA		18:30 Pilates Matwork GIULIA		18:30 Yin Yoga VALENTINA	
19:30 Vinyasa Yoga GIULIA		19:30 Vinyasa Yoga GIULIA			

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