

ROMINA

SILVIA

MARILÙ

GIULIA

LAURA

CLAUDIA

GIORGIA

| LUN                              | MAR                    | MER                                   | GIO                          | VEN                                   | SAB/DOM                                                                    |
|----------------------------------|------------------------|---------------------------------------|------------------------------|---------------------------------------|----------------------------------------------------------------------------|
| 07:30-8:30<br>ROCKET/<br>VINYASA | 07:30-8:30<br>ASHTANGA | 07:30-8:20<br>PILATES                 | 07:30-8:30<br>VINYASA        | 07:30-8:30<br>HATHA                   |                                                                            |
|                                  |                        |                                       |                              |                                       | 10.30<br>2 VOLTE AL MESE<br>YOGA<br>SCIAMANICO<br>O LEZIONE A<br>ROTAZIONE |
|                                  | 11.00-11:50<br>PILATES |                                       | 11.00-11:50<br>PILATES DOLCE |                                       |                                                                            |
|                                  |                        | 12:00-12:50<br>YOGA IN<br>GRAVIDANZA* | 12:00-12:50<br>BODY STRETCH  |                                       | Corso fuori abbonamento                                                    |
| 13:10-14:00<br>HATHA             | 13:10-14:00<br>PILATES | 13:10-14:00<br>ASHTANGA               | 13:10-14:00<br>PILATES       |                                       |                                                                            |
|                                  |                        |                                       |                              |                                       |                                                                            |
| 17:00-17:45<br>BODY STRETCH      |                        |                                       |                              |                                       |                                                                            |
| 18:00-18:50<br>PILATES           |                        | 18:15-19:05<br>VINYASA                |                              |                                       |                                                                            |
| 19:00-20:10<br>ASHTANGA          | 18:45-19:45<br>HATHA   | 19:15-20:45<br>ASHTANGA<br>MYSORE     | 18:45-19:50<br>VINYASA       | 18:45-19:45<br>LEZIONE A<br>ROTAZIONE |                                                                            |
| 20:15-21:00<br>WORKOUT           | 19:50 -21:00<br>ROCKET |                                       | 20:00-20:50<br>PILATES       |                                       |                                                                            |
|                                  |                        |                                       |                              |                                       |                                                                            |
|                                  |                        |                                       |                              |                                       |                                                                            |
|                                  |                        |                                       |                              |                                       |                                                                            |

- Corso fuori abbonamento