

Lunedì

8.00 Pilates Matwork
9.00 Pilates Matwork
10.00 Pilates Attrezzi
10.00 Pilates Matwork
11.30 Ginnastica Posturale
13.30 Pilates Matwork
14.30 Pilates Matwork
15.30 Ginnastica Posturale
16.30 Flying Yoga Dance Kids
17.00 Pilates Attrezzi
17.30 Flying Yoga Dance Teen
18.00 Pilates Matwork
18.30 Fly Yoga Dance Intermedio
19.00 Pilates Matwork Online Live
20.00 Stretching

Martedì

8.00 Pilates Attrezzi
9.00 Pilates Attrezzi
10.00 Pilates Matwork
14.00 Pilates Matwork
16.00 Danza Classica
17.00 Danza Contemporanea
18.00 Flying Yoga Dance
18.00 Pilates Matwork
18.00 Pilates Matwork Online Live
19.00 Flying Yoga Dance
20.00 Flying Yoga Dance Avanzato

Mercoledì

8.00 Pilates Matwork
9.00 Pilates Matwork
10.00 Pilates Attrezzi
10.00 Pilates Matwork
11.30 Ginnastica Posturale
13.30 Pilates Matwork
14.30 Pilates Matwork
15.30 Ginnastica Posturale
16.30 Flying Yoga Dance Kids
17.00 Pilates Attrezzi
17.30 Flying Yoga Dance Teen
18.00 Pilates Matwork
18.30 Fly Yoga Dance Intermedio
19.00 Pilates Matwork Online Live
20.00 Stretching

Giovedì

8.00 Pilates Attrezzi
9.00 Pilates Attrezzi
10.00 Pilates Matwork
14.00 Pilates Matwork
16.00 Danza Classica
17.00 Danza Contemporanea
18.00 Flying Yoga Dance
18.00 Pilates Matwork
18.00 Pilates Matwork Online Live
19.00 Flying Yoga Dance
20.00 Flying Yoga Dance Avanzato

Venerdì

9.00 Pilates Matwork
10.00 Pilates Matwork
17.00 Pilates Circuito
18.00 Flying Yoga Dance
19.00 Pilates 4Runners

Sabato

8.30 Corso di Corsa
10.00 Danza Adulti
11.00 Flying Yoga Dance Kids
11.00 Pilates Attrezzi

Lezioni individuali su appuntamento