

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:30/8:30		POSTURAL PILATES					
8:30/9:30		TONE UP			VINYASA YOGA	HATHA YOGA	
9:30/10:30		POSTURAL PILATES			VINYASA YOGA	POSTURAL PILATES	
10:30/11:30		TONE UP			VINYASA YOGA	TONE UP	
11:30/12:30						TONE UP	
12:30/13:30				GENTLE FLOW		POSTURAL PILATES	
13:30/14:30				HATHA FLOW			
14:30/15:30						STRONG	
15:30/16:30						STRONG	
16:30/17:30			POWER POSTURAL	POSTURAL PILATES	POWER POSTURAL	POWER POSTURAL	
17:30/18:30		GENTLE FLOW	GAG	TONE UP	GAG	GAG	
18:30/19:30		HATHA FLOW	POWER POSTURAL	POSTURAL PILATES	POWER POSTURAL	POWER POSTURAL	
19:30/20:30			GAG	TONE UP	GAG	GAG	