

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
M A T T I N A	10.00-10.55 Pilates mat		9.00-9.55 Pilates mat				9.00-9.55 Pilates mat				9.00-9.55 Pilates mat	8.30-11.30 Pilates attrezi
		11.00-12.00 Pilates attrezi		10.30-12.30 Pilates attrezi				10.00-12.00 Pilates attrezi		10.30-12.30 Pilates attrezi		
P R A N Z O		12.00-13.00 Pilates attrezi	12.45-13.40 Pilates mat		12.45-13.45 Body Flying	12.45-13.45 Yoga			12.45-13.40 Pilates mat			
P O M E R I G G I O		17.30-18.25 Pilates mat		17.30-18.25 Pilates attrezi	16.30-17.15 Pilates ballerini	17.30-18.25 Pilates Circuito	16.40-17.30 Tono e stretch		17.30-18.25 Pilates mat			
	18.30-19.25 Pilates mini mat		16.30-17.45 Yoga	18.40-19.35 Pilates attrezi	18.30-19.25 Pilates mat		18.45-19.40 Pilates mat			18.30-19.25 Pilates attrezi		
S E R A	19.40-20.35 Pilates mat	19.40-20.25 Pilates attrezi	19.45-20.40 Pilates mat	19.40-20.35 Pilates attrezi		19.30-20.25 Pilates attrezi	19.30-20.25 Pilates mat		19.30-20.25 Pilates mat			
	20.45-21.35 Pilates Circuito	20.40-21.25 Pilates attrezi					20.45-21.35 Pilates circuito	20.00-21.30 Yoga				