



LUNEDÌ

STRONG TONE
LAURA
08.45-09.45

VINYASA OPEN LEVEL
PRISCILLA
09.15-10.15

TONIFICAZIONE
DANIELA
10.00-11.00

BODY SCULPT
BARBARA
11.00-12.00

FUNCTIONAL PILATES
DANIELA
12.30-13.30

RICCARDO WORKOUT
13.30-14.30

PILATES
LAURA AGNELLI
17.30-18.30

VINYASA BEGINNERS
CLOTILDE
18.30-19.30

BODY SCULPT MAURIZIO
19.00-20.00

FACE YOGA
MARILIA
19.30-20.30

MARTEDÌ

PILATES
EMY
08.00-09.00

FUNZIONALE
DANIELE
09.00-10.00

POSTURALE
SILVIA
09.00-10.00

PILATES
DANIELA
10.00-11.00

YOGA ATLETI
PRISCILLA
12.30-13.30

CROSS TRAINING
SIMONE PELLIGRA
12.30-13.30

FUNZIONALE
DANIELE
13.30-14.30

POSTURAL PILATES
FEDERICA
17.00-18.00

TOTAL BODY PUMP
FEDERICA
18.00-19.00

MILITARY GAG
LAURA E STEFANO
19.00-20.00

JIVAMUKTY YOGA
VALENTINA
19.00-20.00

MERCOLEDÌ

PILATES
EMY
08.30-09.30

STRONG TONE
LAURA
08.45-09.45

TONIFICAZIONE
DANIELA
10.00-11.00

STRETCHING
BARBARA
11.00-12.00

FUNCTIONAL PILATES
DANIELA
12.30-13.30

SIMONE WORKOUT
13.30-14.30

VINYASA OPEN LEVEL
PRISCILLA
13.30-14.30

PILATES
LAURA AGNELLI
17.30-18.30

VINYASA BEGINNERS
CLOTILDE
18.30-19.30

BODY SCULPT
MIMMO
18.30-19.30

DIFESA PERSONALE
LUCA & FABRIZIO
19.30-21.00

GIOVEDÌ

PILATES
EMY
08.00-09.00

FUNZIONALE
DANIELE
09.00-10.00

POSTURALE
SILVIA
09.00-10.00

PILATES
DANIELA
10.00-11.00

CROSS TRAINING
SIMONE PELLIGRA
12.30-13.30

FUNZIONALE
DANIELE
13.30-14.30

POSTURAL PILATES
FEDERICA
17.00-18.00

TOTAL BODY PUMP
FEDERICA
18.00-19.00

MILITARY GAG
LAURA E STEFANO
19.00-20.00

JIVAMUKTY YOGA
VALENTINA
19.00-20.00

VENERDÌ

STRONG TONE
LAURA
08.45-09.45

TONIFICAZIONE
DANIELA
10.00-11.00

BODY SCULPT
BARBARA
11.00-12.00

FUNCTIONAL PILATES
DANIELA
12.30-13.30

VINYASA OPEN LEVEL
PRISCILLA
13.30-14.30

RICCARDO WORKOUT
13.30-14.30

PILATES
LAURA AGNELLI
17.30-18.30

BODY SCULPT
MIMMO
18.30-19.30

FACE YOGA
SALA B
18.30-19.30

SABATO

POWER PILATES
FEDERICA
09.45-10.45

PRE BOXE
ANTONELLO
10.30-11.30

BOXE
ANTONELLO
11.30-12.30

VINYASA OPEN LEVEL
PRISCILLA
11.30-12.30

STRETCHING
BARBARA
13.00-14.00

DOMENICA

SUNDAY WORKOUT
10.30-11.30

PILATES
LAURA AGNELLI
11.30-12.30

DIFFICULTY:

Soft

Medium

Hard

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