



# I NOSTRI CORSI - SETTEMBRE 2022



	LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ			SABATO		
	SALA 1	SALA 2	ONLINE	SALA 1	SALA 2	ONLINE	SALA 1	SALA 2	ONLINE	SALA 1	SALA 2	ONLINE	SALA 1	SALA 2	ONLINE	SALA 1	SALA 2	ONLINE
8:00	REFORMER			REFORMER			REFORMER			REFORMER			REFORMER					
9:00	REFORMER			REFORMER			REFORMER			REFORMER			REFORMER				IPOPRESSIVA	
10:00	REFORMER						REFORMER											
10:30																	YOGA	
11:00	REFORMER									REFORMER								
13:30	REFORMER			REFORMER			REFORMER	IPOPRESSIVA		REFORMER								
15:00	REFORMER						REFORMER											
16:00	REFORMER			REFORMER			REFORMER			REFORMER								
17:00	REFORMER			REFORMER			REFORMER			REFORMER			FULL BODY					
18:00	REFORMER	PILATES MATWORK		REFORMER	PILATES MATWORK		REFORMER	PILATES MATWORK		REFORMER	PILATES MATWORK		PILATES MATWORK					
19:00	REFORMER	PILATES MATWORK		REFORMER	YOGA		REFORMER	PILATES MATWORK		REFORMER	YOGA		REFORMER					
20:00	REFORMER			REFORMER			REFORMER			REFORMER			REFORMER					
20:15					YOGA						YOGA							