



I NOSTRI CORSI

STAGIONE 2023/2024



	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		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
8:00	REFORMER		REFORMER		REFORMER		REFORMER		REFORMER			
9:00	REFORMER		REFORMER		REFORMER		REFORMER					
9:30												PILATES MATWORK
10:00	REFORMER				REFORMER							
10:30												YOGA
11:00	REFORMER						REFORMER					
13:30	REFORMER		REFORMER		REFORMER		REFORMER					
15:00	REFORMER				REFORMER							
16:00	REFORMER		REFORMER		REFORMER		REFORMER					
17:00	REFORMER		REFORMER		REFORMER		REFORMER		FLEX & TONE			
18:00	REFORMER	PILATES MATWORK	REFORMER	PILATES MATWORK	REFORMER	PILATES MATWORK	REFORMER	PILATES MATWORK	REFORMER	PILATES MATWORK		
19:00	REFORMER	PILATES MATWORK	REFORMER	YOGA	REFORMER	PILATES MATWORK	REFORMER	YOGA	REFORMER	POWER FLOW		
20:00	REFORMER	PILATES MATWORK	REFORMER		REFORMER	PILATES MATWORK	REFORMER					
20:15				YOGA				YOGA				

*a discrezione dell'istruttore sarà possibile integrare i corsi con ulteriori discipline