

Pilates - Reformer - Posturale - Yoga - Personal

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7:30			REFORMER		REFORMER*	
10:00		POSTURALE		POSTURALE	POSTURALE FISIO	REFORMER
11:00		REFORMER*		REFORMER		REFORMER
13:15		REFORMER		REFORMER*	REFORMER	
17:15	REFORMER		REFORMER			
17:30		MAT PILATES (Postural)		MAT PILATES (Postural)		
18:00	YOGA HATHA		YOGA HATHA			
18:15	REFORMER		REFORMER			
18:30		REFORMER MAT PILATES (Postural)		REFORMER MAT PILATES (Postural)	REFORMER MAT PILATES (Postural)	
19:15	REFORMER MAT PILATES		REFORMER* MAT PILATES			
19:30		REFORMER MAT PILATES (Power)		REFORMER MAT PILATES (Power)	REFORMER MAT PILATES	
20:15	REFORMER*		REFORMER			

Orario provvisorio 2025. A inizio/fine stagione può essere prevista programmazione ridotta. Orari aggiornati in App.



www.thebodylab.it



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*Lezione da attivare

FIT YOUR BODY, STEP UP YOUR LIFE

