

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7:30	REFORMER		REFORMER		
10:00	POSTURALE	POSTURALE*	YOGA DOLCE	POSTURALE*	YOGA HATHA REFORMER
11:00	REFORMER		REFORMER*		REFORMER
11:15					
12:00					REFORMER
12:15					MAT PILATES*
13:15	REFORMER	REFORMER		REFORMER	
16:15		REFORMER			
17:15	YOGA HATHA* REFORMER	REFORMER	REFORMER*	REFORMER	REFORMER
18:15	YOGA HATHA REFORMER	PILATES MAT REFORMER	YOGA HATHA REFORMER	PILATES MAT REFORMER	YOGA HATHA FLOW REFORMER
19:15	PILATES MAT REFORMER	YOGA VINYASA FLOW REFORMER	PILATES MAT REFORMER	YOGA VINYASA FLOW REFORMER	REFORMER
19:30				MAT PILATES (BARRE)	
20:15	PILATES MAT REFORMER	REFORMER	PILATES MAT REFORMER	REFORMER*	REFORMER

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

