

Pilates - Reformer - Posturale - Yoga - Personal

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7:30			REFORMER		REFORMER	
8:00						YOGA ATLETI**
9:00		POSTURALE (Mat Pilates)*		POSTURALE (Mat Pilates)*		
10:00		POSTURALE (Mat Pilates)		POSTURALE (Mat Pilates)		REFORMER
11:00		REFORMER		REFORMER		REFORMER
12:00						MAT PILATES*
13:15		REFORMER		REFORMER	REFORMER	
17:15	REFORMER		REFORMER			
17:30		REFORMER* MAT PILATES (Postural)		MAT PILATES (Postural)		
18:00	YOGA HATHA*		YOGA HATHA*			
18:15	REFORMER		REFORMER		REFORMER MAT PILATES	
18:30		REFORMER MAT PILATES (Postural)		REFORMER MAT PILATES (Postural)		
19:15	MAT PILATES		REFORMER* MAT PILATES		REFORMER	
19:30		REFORMER		REFORMER MAT PILATES		
20:15	REFORMER		REFORMER			

**Special class weekend
Orario provvisorio 2026. A inizio/fine stagione può essere prevista programmazione ridotta. Orari aggiornati in App.

