

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'
9.00 - 9.50	PERSONAL	9.00 - 9.50	PILATES MATWORK	9.00 - 9.50	PERSONAL	9.00 - 9.50	PILATES MATWORK	9.00 - 9.50	VALUTAZIONI
10.00 - 10.50	LIFE LONG TRAINING	10.00 - 10.50	PERSONAL	10.00 - 11.00	YOGA GESTANTI	10.00 - 10.50	LIFE LONG TRAINING	10.00 - 10.50	BIOMECCANICA
11.00 - 11.50	AEQUILIBRIUM DOLCE	11.00 - 11.50	PERSONAL	11.00 - 12.30	HATHA YOGA	11.00 - 11.50	AEQUILIBRIUM SEDUTI	11.00 - 11.50	WORKSHOPS
12.00 - 12.50	PERSONAL	12.00 - 12.50	PERSONAL	12.30 - 12.40	PERSONAL	12.00 - 12.50	PERSONAL	12.00 - 12.50	INCONTRI A TEMA
13.00 - 13.50	SPORT TRAINING	13.00 - 13.50	PERSONAL	12.40 - 13.30	PERSONAL	13.00 - 13.50	PERSONAL	13.00 - 13.50	APPROFONDIMENTI
14.00 - 14.30	AEQUILIBRIUM SCHIENA	14.00 - 14.30	PERSONAL	13.40 - 14.30	PERSONAL	14.00 - 14.30	AEQUILIBRIUM SCHIENA	14.00 - 14.30	PERSONAL
14.30 - 15.20	PILATES MATWORK	14.40 - 15.30	PERSONAL	14.40 - 15.30	PIL. BALANCE BALL	14.40 - 15.30	PERSONAL	14.40 - 15.30	PERSONAL
15.30 - 16.20	PIL. BALANCE BALL	15.40 - 16.30	PERSONAL	15.40 - 16.30	PILATES MATWORK	15.40 - 16.30	PERSONAL	15.40 - 16.30	PERSONAL
16.40 - 17.30	PERSONAL	16.40 - 17.30	PERSONAL	17.00 - 17.50	PERSONAL	16.40 - 17.30	PERSONAL	16.40 - 17.30	PERSONAL
17.40 - 18.30	PERSONAL	17.40 - 18.30	AEQUILIBRIUM DOLCE	18.00 - 18.50	PERSONAL	17.40 - 18.30	AEQUILIBRIUM DOLCE	17.40 - 18.30	PERSONAL
18.30 - 20.00	YOGA DINAMICO	18.30 - 20.00	HATHA YOGA	18.30 - 19.00	AEQUILIBRIUM SCHIENA	19.00 - 20.00	YOGA GESTANTI	18.30 - 19.00	AEQUILIBRIUM SCHIENA
				19.30 - 21.00	YOGA DINAMICO	20.00 - 21.30	HATHA YOGA		

Contatti

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Orari di segreteria

lunedì mercoledì e venerdì ore 9.30 – 12.30
 lunedì e mercoledì ore 15.30 – 18.30
 martedì e giovedì ore 16.30 – 19.30