



Centro Pilates, Yoga e Fitness



2017-2018

Tutti i giorni dal **LUNEDI** al **VENERDI** 9.00 – 21.30

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
7.30-8.30					
8.30-9.30	<i>PILATES</i>		<i>PILATES</i>		
11.00-12.00		<i>PILATES</i>		<i>PILATES</i>	
12.45 - 13.30	FUNCTIONAL		FUNCTIONAL		
	POWER PUMP	<i>PILATES</i>	POWER PUMP	<i>PILATES</i>	
16.30-17.30	FUNCTIONAL KIDS 4-6		FUNCTIONAL KIDS 6-8		
18.30 - 19.30	<i>PILATES</i>	<i>YOGA</i>	<i>PILATES</i>	<i>YOGA</i>	<i>YOGA IN VOLO</i>
		BODY SCULPT		BODY SCULPT	
	TRX TRAINING		TRX TRAINING		
19.00 - 20.00		FUNCTIONAL		FUNCTIONAL	
19.30 - 20.30	TOTAL BODY	<i>YOGA</i>	TOTAL BODY	<i>YOGA</i>	
	FUNCTIONAL	<i>PILATES</i>	FUNCTIONAL	<i>PILATES</i>	
20.00 - 21.00		FUNCTIONAL		FUNCTIONAL	
21.00 – 22.00	TRAINING AUTOGENO		TRATTAMENTI SHIATSU		

|

|

|

|

|

|
