

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
07:00		7:00-7:50 WORKOUT	<b>Orario Scandiano Sala Benessere PILATES GYROTONIC®</b>		7:30-8:20 WORKOUT	
08:00		8:05-8:55 PIL. REFORMER				
08:30					8:30-9:20 GYROTONIC	
09:00		9:10-10:00 WORKOUT			8:30-9:20 MATWORK	9:15-10:05 WORKOUT
09:30					9:30-10:25 PIL. REFORMER	
10:00		10:15-11:05 PIL. STUDIO				10:20-11:10 WORKOUT/GYROTONIC
10:30					10:30-11:20 PIL. STUDIO	
11:00		11:20-12:10 PIL. REFORMER				
11:30					11:35-12:25 PIL. REFORMER/ST.	11:30-12:20 GYROTONIC
12:00						
12:30	12:30-13:25 PIL. REFORMER/ST.			12:15-13:05 PIL. REFORMER/ST.	12:30-13:20 GYROTONIC	
13:00						
13:30	13:35-14:25 WORKOUT/PIL.ST.			13:20-14:10 WORKOUT	13:30-14:20 PIL. REFORMER	
14:00						
14:30						
15:00						
15:30	15:10-16:00 PIL. STUDIO					
16:00						
16:30	16:15-17:05 PIL. REFORMER					
17:00			17:10-18:00 GYROTONIC/REFORMER		17:00-17:50 WORKOUT	
17:30	17:20-18:10 WORKOUT					
18:00		18:15-19:05 PIL. REFORMER	18:15-19:05 WORKOUT	18:15-19:05 PIL. REFORMER	18:10-19:00 PIL. REFORMER	
18:30	18:25-19:15 PIL. REFORMER					
19:00		19:20-20:10 PIL. REFORMER	19:20-20:10 GYROTONIC	19:20-20:10 WORKOUT	19:15-20:05 GYROTONIC	
19:30	19:30-20:20 WORKOUT					
20:00		20:25-21:15 WORKOUT/PIL. STUDIO	20:10-21:00 PIL. REFORMER	20:25-21:15 PIL. STUDIO	20:20-21:10 GYROTONIC	
20:30	20:35-21:25 PIL. STUDIO					
21:00						
21:30						
22:00						

\*Tutte le lezioni hanno una durata di 50 min.

\*TUTTE LE LEZIONI VANNO DISDETTE 24 ORE PRIMA dall'app LOGFIT

\*Tutte le caselle vuote sono orari disponibili per private, duetto o piccoli gruppi di PILATES STUDIO e GYROTONIC

[www.pilateseco.com](http://www.pilateseco.com)

Info e prenotazioni

Pilates, GYROTONIC, Yoga, Ginnastica tel. 393 8499596

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