

SALA A MATTINA E PAUSA PRANZO

<i>LUNEDI'</i>	<i>MARTEDI'</i>	<i>MERCOLEDI'</i>	<i>GIOVEDI'</i>	<i>VENERDI'</i>		
		HATHA YOGA 8.45-10.00 MICHELA 16/09/2020				
	SPRING E CHAIR O WORKOUT 9.25-10.15	HATHA YOGA 10.15-11.30 MICHELA 16/09/2020	SPRING E TONE 8.55-9.45 ROBERTA 17/09/2020	GINNASTICA DOLCE 9.35-10.25 RITA 18/09/2020		
A GINNASTICA DOLCE 10.10-11.00 14/09/2020			WORKOUT 10.00-10.50 ROBERTA 17/09/2020			
				HATHA YOGA 13.00-14.15 MICHELA 18/09/2020		
				WORKOUT/SPRING E CHAIR 14.50-15.40 RITA		

SALA A POMERIGGIO SERA

<i>LUNEDI'</i>	<i>MARTEDI'</i>	<i>MERCOLEDI'</i>	<i>GIOVEDI'</i>	<i>VENERDI'</i>	SABATO	<i>DOMENICA</i>
WORKOUT TEEN 16.25-17.15 CAROL			FIT FOR TEEN 16.30-17.20 CARLOTTA 10/09/2020			
SPRING E CHAIR 17.50-18.40 RITA	WORKOUT 17.15-18.05 CAROL	WORKOUT TEEN 17.15-18.05 GIULIA	SPRING E FIT 17.35-18.25 CARLOTTA 10/09/2020	SPRING E CHAIR 18.10-19.00 SILVIA 11/09/2020		
TOTAL BODY 18.55-19.45 ELENA 05/10/2020	WORKOUT 18.20-19.10 CAROL	TOTAL BODY 18.35-19.25 ELENA 07/10/2020	BUTT AND ABS 18.40-19.30 CARLOTTA 01/10/2020			
TRX CIRCUIT 20.00-20.50 ELENA 05/10/2020	SPRING E CHAIR 19.25-20.15 CAROL	TRX CIRCUIT 19.40-20.30 ELENA 07/10/2020	SPRING E FIT 19.45-20.25 CARLOTTA 10/09/2020			
	SPRING E CHAIR 20.35-21.25 CAROL					

SALA B MATTINO PAUSA PRANZO

<i>LUNEDI'</i>	<i>MARTEDI</i>	<i>MERCOLEDI'</i>	<i>GIOVEDI'</i>	<i>VENERDI'</i>	<i>SABATO</i>	<i>DOMENICA</i>
PILATES *STUDIO RI 8.00-8.50 RITA	PILATES *REFORMER 8.20-9.10 RITA	PILATES STUDIO 8.20-9.10 RITA	PILATES STUDIO 8.00-8.50 RITA	PILATES REFORMER 8.30-9.20 RITA		PILATES REFORMER/ STUDIO 8,10-9.00
PILATES *STUDIO RI 9.05-9.55 RITA		PILATES STUDIO/ REFORMER 9.25-10.15	PILATES STUDIO 9.05-10-15 RITA		PILATES REFORMER/STUDIO 9.00-9.50 BIANCA	PILATES REFORMER/ WORKOUT 9.15-10.05 RITA
	PILATES REFORMER 10.30-11.20 RITA	PILATES STUDIO/ REFORMER 10.30-11.20	PILATES REFORMER 10.30- 11.20 RITA	PILATES STUDIO 10.40-11.30 RITA	PILATES REFORMER/STUDIO 10.00-10.50 BIANCA	PILATES STUDIO 10.20-11.10 RITA
PILATES STUDIO 11.15-12.05 RITA	PILATES STUDIO 11.35-12.25 RITA	PILATES STUDIO/ REFORMER 11.30-12.20				PILATES STUDIO 11.25-12.15 RITA
	PILATES STUDIO/ REFORMER 13.00-13.50 RITA	PILATES STUDIO/ REFORMER 13.15-14.05 RITA	PILATES STUDIO 11.40-12.30 RITA	PILATES REFORMER 12.50-13.40 RITA		
PILATES REFORMER/ WORKOUT RITA 13.50-14.40	PILATES STUDIO/ REFORMER 14.30-15.20 RITA	PILATES STUDIO/ REFORMER 14.30-15.20 RITA	PILATES REFORMER/ WORKOUT 12.45-13.35 RITA	PILATES STUDIO 13.55-14.45 RITA		
PILATES REFORMER RITA 14.55-15.45			PILATES REFORMER RITA 13.50-14.40			
			PILATES STUDIO 15.00-15.50 RITA			

SALA B POMERIGGIO SERA

<i>LUNEDI'</i>	<i>MARTEDI'</i>	<i>MERCOLEDI'</i>	<i>GIOVEDI'</i>	<i>VENERDI'</i>		
	PILATES STUDIO/ REFORMER 16.30-1720 SILVIA	PILATES STUDIO 15.35-16.25 GIULIA	PILATES REFORMER/ STUDIO 16.15-17,05 GIULIA	PILATES STUDIO/ REFORMER 16.55-17.45 SILVIA		
PILATES REFORMER/STUDIO 17.30-18.20 CAROL	PILATES REFORMER 17.30-18.20 SILVIA		PILATES REFORMER/STUDIO 17.20-18.10 GIULIA	REFORMER/STUDIO 18.00-18.50 RITA		
PILATES REFORMER 18.35-19.25 CAROL	PILATES STUDIO/ REFORMER 18.35-19.25 SILVIA	REFORMER/STUDIO 18.05-18.55 GIULIA	PILATES REFORMER 18.25-19.15 GIULIA	PILATES STUDIO/ REFORMER 19.20-20-10 SILVIA		
PILATES REFORMER/STUDIO 19.40-20-30 CAROL	PILATES REFORMER SILVIA 19.45-20.35 RITA	REFORMER/STUDIO 19.10-20.00 GIULIA	PILATES REFORMER/STUDIO 19.30-20-20 GIULIA			
PILATES REFORMER/ 20..45-21.35 CAROL	PILATES REFORMER/STUDIO SILVIA 20.40-21.30	REFORMER/STUDIO 20.15-21.05 GIULIA	PILATES REFORMER/ 20..35-21.25 GIULIA			