

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
07:00		7:00-7:50 WORKOUT	Orario Scandiano Sala Benessere PILATES GYROTONIC®			
08:00		8:00-8:50 STUDIO/REF/GYRO				8:00-8:50 STUDIO/REF/GYRO
08.30				8:30-9:20 STUDIO/REF/GYRO		8:30-9:20 REFORMER/ST
09:00		9:00-9:50 WORKOUT	9:00-9:50 STUDIO/REF/GYRO		9:00-9:50 GYROTONIC	9:00-9:50 GYROTONIC
09.30	9:30-10:20 STUDIO/REF/GYRO			9:30-10:20 REFORMER/ST		9:30-10:20 WORKOUT
10.00		10:00-10:50 GYROTONIC	10:00-10:50 PIL. MATWORK		10:00-10:50 REFORMER/ST	10:00-10:50 GYROTONIC
10.30	10:30-11:20 PIL. MATWORK			10:30-11:20 STUDIO/REF/GYRO		10:30-11:20 REFORMER/ST
11.00		11:00-11:50 STUDIO/REF/GYRO	11:00-11:50 STUDIO/REF/GYRO		11:00-11:50 STUDIO/REF/GYRO	11:00-11:50 GYROTONIC
11.30	11:30-12:20 STUDIO/REF/GYRO			11:30-12:20 STUDIO/REF/GYRO		
12.00						
12.30	12:45-13:35 REFORMER/ST	12:30-13:20 STUDIO/REF/GYRO	12:45-13:35 STUDIO/REF/GYRO	12:30-13:20 GYROTONIC	12:30-13:20 STUDIO/REF/GYRO	
13.00						
13.30	13:45-14:35 WORKOUT/ST	13:30-14:20 STUDIO/REF/GYRO	13:45-14:35 STUDIO/REF/GYRO	13:20-14:10 WORKOUT	13:30-14:20 STUDIO/REF/GYRO	
14.00						
14.30	14:45-15:35 REFORMER /ST	14:30-15:20 STUDIO/REF/GYRO	14:45-15:35 REFORMER /ST	14:20-15:10 STUDIO/REF/GYRO	14:30-15:20 STUDIO/REF/GYRO	
15.00						
15.30	15:45-16:35 WORKOUT/ST					
16.00			16:20-17:10 REFORMER	16:00-17:00 REFORMER	16:10-17:00 STUDIO/REF/GYRO	
16.30		16:45-17:35 STUDIO/REF/GYRO	16:30-17:20 GYROTONIC			
17.00	17:20-18:10 WORKOUT		17:20-18:10 REFORMER	17:00-17:50 WORKOUT	17:10-18:00 STUDIO/REF/GYRO	
17.30	17:30-18:20 GYROTONIC	17:45-18:35 REFORMER	17:30-18:20 GYROTONIC			
18.00	18:20-19:10 REFORMER		18:20-19:10 WORKOUT	18:20-19:10 REFORMER	18:10-19:00 REFORMER	
18.30	18:30-19:20 GYROTONIC	18:45-19:35 REFORMER	18:30-19:20 GYROTONIC			
19.00	19:20-20:10 WORKOUT		19:20-20:10 REFORMER	19:20-20:10 WORKOUT	19:10-20:00 GYROTONIC	
19.30	19:30-20:20 GYROTONIC	19:45-20:35 STUDIO	19:30-20:20 GYROTONIC			
20.00	20:20-21:10 REFORMER		20:20-21:10 REFORMER	20:20-21:10 STUDIO	20:00-20:50 STUDIO	
20.30		20:45-21:35 STUDIO/REF/GYRO				
21.00						
21.30						
22.00						

*Tutte le lezioni hanno una durata di 50 min.

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

www.pilateseco.com

Info e prenotazioni

Pilates, GYROTONIC, Yoga tel. 3938499596

Pole Dance tel. 3807479732

pilateseco4@gmail.com