

<i>Lunedì</i>	<i>Martedì</i>	<i>Mercoledì</i>	<i>Giovedì</i>	<i>Venerdì</i>
Pilates 8.00-9.00			Pilates 8.00-9.00	
Pilates 9.00-10.00			Pilates 9.00-10.00	
Reformer Pilates 11.00-12.00	Yoga e Meditazione 11.00-12.00		Reformer Pilates 11.00-12.00	Pilates 11.00-12.00
Reformer Pilates 12.00-13.00	PSM Pilates 12.00-13.00	Pilates 12.00-13.00	Reformer Pilates 12.00-13.00	PSM Pilates 12.00-13.00
	Pilates 13.00-14.00		Pilates 13.00-14.00	
	Pilates 14.00-15.00		Pilates 14.00-15.00	
		Pilates 15.30-16.30		Pilates 15.30-16.30
		Reformer Pilates 17.30-18.30		
		Reformer Pilates 18.30-19.30		
Pilates 19.30-20.30	Pilates 19.30-20.30		Pilates 19.30-20.30	Pilates 19.30-20.30
Pilates 20.30-21.30	Pilates 20.30-21.30	Pilates 20.00-21.00	Pilates 20.30-21.30	Pilates 20.30-21.30
Tribal Fusion II 21.30-22.30	Tribal Fusion I 21.30-22.30			