

THE LAB
MILANO

Pilates

WEEKLY SCHEDULE



MONDAY Pilates

08:00	Pilates Studio	ELEONORE	MAGNOLIA
09:15	Pilates Studio	ELEONORE	MAGNOLIA
10:30	Pilates Studio	ALESSIA	MAGNOLIA
12:00	Functional with weights	DEBORAH	MAGNOLIA
13:00	Functional with weights	ALESSIA	MAGNOLIA
16:30	Teens	MONICA	MAGNOLIA
17:30	Pilates Studio	MONICA	MAGNOLIA
18:30	Pilates Studio	MONICA	CAMELIA
18:40	Pilates Studio	ALESSIA	MAGNOLIA
19:30	Pilates Studio	MONICA	CAMELIA
19:40	Functional with weights	ALESSIA	MAGNOLIA

TUESDAY Pilates

08:00	Pilates Studio	MONICA	MAGNOLIA
09:15	Pilates Studio	MONICA	CAMELIA
10:30	Senior	ELENORE	MAGNOLIA
11:30	Pilates Studio	ELENORE	MAGNOLIA
13:00	Pilates Studio	MONICA	MAGNOLIA
16:00	Teens	EMANUELA	CAMELIA
17:00	Pilates Studio	ALESSIA	MAGNOLIA
18:00	Pilates Studio	EMANUELA	MAGNOLIA
19:00	Pilates Studio	EMANUELA	CAMELIA
19:00	Functional Toning	ALESSIA	PEONIA

WEDNESDAY Pilates

09:00 Pilates Studio EMANUELA | CAMELIA

09:15 Pilates Studio VALENTINA | MAGNOLIA

10:30 Pilates Studio ALESSIA | MAGNOLIA

11:00 Pilates Studio EMANUELA | CAMELIA

11:30 Pilates Studio ALESSIA | MAGNOLIA

12:00 Barre with Props DEBORAH | PEONIA

13:00 Functional with weights ALESSIA | MAGNOLIA

17:00 Pilates Studio ALESSIA | MAGNOLIA

18:00 Pilates Studio ALESSIA | CAMELIA

19:00 Functional with weights ALESSIA | MAGNOLIA

20:00 Pilates Studio ALESSIA | CAMELIA

THURSDAY Pilates

09:15 Pilates Studio EMANUELA | CAMELIA

09:15 Pilates Studio MONICA | MAGNOLIA

10:30 Pilates Studio EMANUELA | CAMELIA

10:30 Pilates Studio MONICA | MAGNOLIA

11:30 Pilates Studio ELEONORE | MAGNOLIA

13:00 Pilates Studio MONICA | MAGNOLIA

13:00 Barre VALENTINA | PEONIA

14:00 Pilates Studio ELEONORE | CAMELIA

17:00 Pilates Studio DEBORAH | MAGNOLIA

17:00 Teens ALESSIA | CAMELIA

18:00 Pilates Studio DEBORAH | MAGNOLIA

18:00 Functional Toning ALESSIA | PEONIA

19:00 Functional with weights ALESSIA | MAGNOLIA

FRIDAY Pilates

08:00	Pilates Studio	DEBORAH	CAMELIA
08:00	Pilates Studio	ELEONORE	MAGNOLIA
09:15	Pilates Studio	EMANUELA	MAGNOLIA
10:30	Senior	DEBORAH	MAGNOLIA
11:30	Pilates Studio	EMANUELA	MAGNOLIA
12:00	Pilates Studio	DEBORAH	CAMELIA
13:00	Pilates Studio	MONICA	MAGNOLIA
13:00	Mat Pilates Props	DEBORAH	PEONIA
17:00	Mat Pilates Advanced	MONICA	PEONIA

SATURDAY Pilates

09:00	Pilates Studio	MONICA		MAGNOLIA
13:00	Pilates Studio	MONICA		MAGNOLIA

SATURDAY Pilates

09:00	Pilates Studio	MONICA		MAGNOLIA
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