



Lunedì

20 LEZIONI

08:00 DEBORAH	Reformer Garuda CAMELIA	🌀
08:00 ELEONORE	Pilates Studio MAGNOLIA	✳️
08:00 CHIARA	Vinyasa Flow PEONIA	🌿
09:00 CHIARA	Hatha Yoga PEONIA	🌿
09:15 DEBORAH	Reformer Garuda CAMELIA	🌀
09:15 ELEONORE	Pilates Studio MAGNOLIA	✳️
10:15 DEBORAH	Reformer Garuda CAMELIA	🌀
10:30 ALESSIA	Pilates Studio MAGNOLIA	✳️
12:00 DEBORAH	Pilates Studio Functional with weights	🌿✳️
13:00 DEBORAH	Reformer Garuda CAMELIA	🌀
13:00 ALESSIA	Pilates Studio Functional with weights	✳️
13:00 CARLOTTA	Vinyasa Krama PEONIA	🌿
16:30 MONICA	Pilates Studio Teens MAGNOLIA	✳️
17:30 MONICA	Pilates Studio MAGNOLIA	🌀
18:30 MONICA	Pilates Studio CAMELIA	✳️
18:40 ALESSIA	Pilates Studio MAGNOLIA	✳️
19:00 VALENTINA	Garuda Repertory in Rotation PEONIA	🌿
19:30 MONICA	Pilates Studio CAMELIA	🌀
19:40 ALESSIA	Pilates Studio Functional with weights	✳️
20:00 VALENTINA	Garuda Repertory in Rotation PEONIA	🌿

Martedì

18 LEZIONI

08:00 ELEONORE	Reformer Garuda CAMELIA	🌀
08:00 MONICA	Pilates Studio MAGNOLIA	✳️
09:00 BENEDETTA	Hatha Yoga PEONIA	🌿
09:15 ELEONORE	Reformer Garuda MAGNOLIA	✳️
09:15 MONICA	Pilates Studio CAMELIA	🌀
10:00 BENEDETTA	Hatha Yoga PEONIA	🌿
10:30 ELEONORE	Pilates Studio Senior MAGNOLIA	✳️
11:30 ELEONORE	Pilates Studio MAGNOLIA	✳️
13:00 MONICA	Pilates Studio MAGNOLIA	✳️
13:00 CARLOTTA	Vinyasa Krama PEONIA	🌿
16:00 EMANUELA	Pilates Studio Teens CAMELIA	🌀
17:00 ALESSIA	Pilates Studio MAGNOLIA	✳️
18:00 EMANUELA	Pilates Studio MAGNOLIA	✳️
18:30 DEBORAH	Reformer Garuda CAMELIA	🌀
19:00 EMANUELA	Pilates Studio CAMELIA	🌀
19:00 ALESSIA	Functional Body Toning with weights	🌿✳️
19:40 DEBORAH	Reformer Garuda MAGNOLIA	✳️
20:00 SILVIA	Pranayama PEONIA	🌿

Mercoledì

19 LEZIONI

08:00 CHIARA	Vinyasa Flow PEONIA	🌿
08:00 VALENTINA	Reformer Garuda MAGNOLIA	✳️
09:00 EMANUELA	Pilates Studio CAMELIA	🌀
09:00 CHIARA	Hatha Yoga PEONIA	🌿
09:15 VALENTINA	Pilates Studio MAGNOLIA	✳️
10:30 ALESSIA	Pilates Studio MAGNOLIA	✳️
11:00 EMANUELA	Pilates Studio CAMELIA	🌀
11:30 ALESSIA	Pilates Studio MAGNOLIA	✳️
12:00 VALENTINA	Reformer Garuda CAMELIA	🌀
12:00 DEBORAH	Barre with Props PEONIA	🌿
13:00 ALESSIA	Pilates Studio Functional with weights	✳️
13:00 VALENTINA	Garuda Repertory in Rotation PEONIA	🌿
17:00 ALESSIA	Pilates Studio MAGNOLIA	✳️
18:00 ELEONORE	Reformer Garuda MAGNOLIA	✳️
18:00 ALESSIA	Pilates Studio CAMELIA	🌀
18:30 CARLOTTA	Vinyasa Krama PEONIA	🌿
19:00 ALESSIA	Pilates Studio Functional with weights	✳️
19:30 ELEONORE	Floor Work & Release Technique	🌿
20:00 ALESSIA	Pilates Studio CAMELIA	🌀

Giovedì

22 LEZIONI

08:00 VALENTINA	Garuda Repertory in Rotation PEONIA	🌿
09:15 EMANUELA	Pilates Studio CAMELIA	🌀
09:15 MONICA	Pilates Studio MAGNOLIA	✳️
09:15 BENEDETTA	Hatha Yoga PEONIA	🌿
10:30 EMANUELA	Pilates Studio CAMELIA	🌀
10:30 MONICA	Pilates Studio MAGNOLIA	✳️
10:30 BENEDETTA	Hatha Yoga Senior PEONIA	🌿
11:30 ELEONORE	Pilates Studio MAGNOLIA	✳️
12:00 MONICA	Gyrokinesis PEONIA	🌿
13:00 DEBORAH	Reformer Garuda CAMELIA	🌀
13:00 MONICA	Pilates Studio MAGNOLIA	✳️
13:00 VALENTINA	Barre PEONIA	🌿
14:00 ELEONORE	Pilates Studio CAMELIA	🌀
17:00 DEBORAH	Pilates Studio MAGNOLIA	✳️
17:00 ALESSIA	Pilates Studio Teens CAMELIA	🌀
18:00 ELEONORE	Reformer Garuda CAMELIA	🌀
18:00 DEBORAH	Pilates Studio MAGNOLIA	✳️
18:00 ALESSIA	Functional Body Toning with weights	🌿✳️
19:00 DEBORAH	Reformer Garuda CAMELIA	🌀
19:00 ALESSIA	Pilates Studio Functional with weights	✳️
19:00 MONICA	Gyrokinesis PEONIA	🌿
20:00 CHIARA	Vinyasa Flow PEONIA	🌿

Venerdì

12 LEZIONI

08:00 DEBORAH	Pilates Studio CAMELIA	🌀
08:00 ELEONORE	Pilates Studio MAGNOLIA	✳️
09:00 SILVIA	Hatha Gentle Yoga PEONIA	🌿
09:15 ELEONORE	Reformer Garuda CAMELIA	✳️
09:15 EMANUELA	Pilates Studio MAGNOLIA	✳️
10:30 DEBORAH	Pilates Studio Senior MAGNOLIA	✳️
11:30 EMANUELA	Pilates Studio MAGNOLIA	✳️
12:00 DEBORAH	Pilates Studio CAMELIA	🌀
13:00 MONICA	Pilates Studio MAGNOLIA	✳️
13:00 DEBORAH	Mat Pilates Props PEONIA	✳️
17:00 MONICA	Mat Pilates Advanced PEONIA	🌿
19:15 VALENTINA	Reformer Garuda MAGNOLIA	✳️

Sabato

5 LEZIONI

09:00 MONICA	Pilates Studio MAGNOLIA	✳️
10:00 VALENTINA	Garuda Repertory in Rotation PEONIA	🌿
11:00 MONICA	Gyrokinesis PEONIA	🌿
12:00 CHIARA	Hatha Yoga PEONIA	🌿
13:00 MONICA	Pilates Studio MAGNOLIA	✳️