

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
9,15-10,15		PRE PILATES		PRE PILATES	
10,00-11,00	TOTAL BODY		TOTAL BODY		
10,15-11,15		PRE PILATES		PRE PILATES	
11,15-12,15		PILATES		PILATES	
12,00-13,00	ROLLER STRETCHING				
13,00-14,00		BUNGEE DANCE			BUNGEE DANCE
17,00-17,50	PILATES				
17,30-18,30			PILATES		
17,50-18,40	PILATES				
18,00-19,00		ARC PILATES		TOTAL BODY	
18,30-19,30			PILATES		BODY FLYING
18,40-19,30	PILATES				
19,00-20,00		POWER YOGA		PILATES BARRE	