

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
9,15-10,15		PRE PILATES		PRE PILATES	
10,00-11,00	TOTAL BODY		TOTAL BODY		ARC PILATES
10,15-11,15		PRE PILATES		PRE PILATES	
11,15-12,15		PILATES		PILATES	
11,45-12,45	ROLLER STRETCHING				
13,00-14,00		BUNGEE DANCE			BUNGEE DANCE
17,00-18,00					
17,30-18,30	PILATES		PILATES		
18,00-19,00		ARC PILATES		TOTAL BODY	
18,30-19,30	PILATES		PILATES		BODY FLYING
19,00-20,00		POWER YOGA		PILATES BARRE	