



ORARI CORSI COLLETTIVI NOVEMBRE 2018

ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10h00		REFORMER CIRCUIT LIV.1 (M)			REFORMER CIRCUIT LIV.1/2 (A)	REFORMER CIRCUIT LIV.1/2
13h15		REFORMER CIRCUIT LIV.1/2 (M)	REFORMER CIRCUIT LIV.1/2 (G)	REFORMER CIRCUIT LIV.1/2 (E)	REFORMER CIRCUIT LIV.1/2 (A)	
14h15	BODY ROLLING & STRETCH (M)					
17h00	REFORMER CIRCUIT LIV.1/2 (A)			REFORMER CIRCUIT LIV.1 (E)		
18h00	REFORMER CIRCUIT LIV.1/2 (A) -- 18.30 REFORMER CIRCUIT LIV.1/2 (M)	REFORMER CIRCUIT LIV. 2 (G) -- REFORMER CIRCUIT LIV.1/2 (E)	PILATES MATWORK LIV. 1/2 (G)	REFORMER CIRCUIT LIV. 1 (E) -- 18.30 REFORMER CIRCUIT LIV. 1/2 (A)		
19h00	PILATES MATWORK LIV. 1/2 (A) -- 19.30 REFORMER CIRCUIT LIV. 1 (M)	REFORMER CIRCUIT LIV. 1/2 (G) -- BODY ROLLING & STRETCH (M)	REFORMER DYNAMIC LIV. 2 (A)	REFORMER CIRCUIT LIV. 1/2 (E) -- 19.30 REFORMER DYNAMIC LIV. 2 (A)		
20h00		REFORMER CIRCUIT LIV.1/2 (M)	REFORMER CIRCUIT LIV.1/2 (G)	REFORMER CIRCUIT LIV.1/2 (E)		

(A)=Anna ; (G)=Giada ; (M)=Manuela ; (E)= Elisa