

## ORARI CORSI COLLETTIVI DA FEBBRAIO 2020

| ORARIO       | LUNEDI   | MARTEDI   | MERCOLEDI   | GIOVEDI  | VENERDI  | SABATO   |
|--------------|--|---|---|--|--|--|
| <b>10H00</b> |  | REFORMER<br>CIRCUIT<br>LIV.1 (M)                    | <u>10H30</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2 (G)  |  | REFORMER<br>CIRCUIT<br>LIV.1 (M)                   | <u>9H00</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2  |
| <b>13H15</b> | <u>13H00</u><br>STRETCHING<br>& BODY<br>ROLLING<br>LIV.1 (M) | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)                  |   | <u>13H00</u><br>REFORMER<br>CIRCUIT<br>LIV.1 (M) | REFORMER<br>CIRCUIT<br>LIV.1/2 (G)                 | <u>10H00</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2 |
| <b>14H00</b> |  |   |   | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)               |  | <u>11H00</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2 |
| <b>15H00</b> |  |   |   | REFORMER<br>CIRCUIT<br>LIV.1 (M)                 |  |  |
| <b>17H00</b> | REFORMER<br>CIRCUIT<br>LIV.1 (C)                             | <u>17H30</u><br>REFORMER<br>CIRCUIT<br>LIV.1 /2 (G) | <u>17H30</u><br>REFORMER<br>CIRCUIT<br>LIV.1 /2 (C )  | <u>17H30</u><br>REFORMER<br>CIRCUIT<br>LIV.1 (G) | <u>17H30</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2 (M) |  |
| <b>18H00</b> | REFORMER<br>CIRCUIT<br>LIV.1/2 (C)                           |   | PILATES<br>MATWORK<br>LIV.1/2 (G)<br>--<br><u>18H15</u><br>REFORMER<br>CIRCUIT<br>LIV.1/2 (A) | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)               |  |  |
| <b>18H30</b> | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)                           | REFORMER<br>CIRCUIT<br>LIV.1/2 (G)                  | PILATES<br>PRENATAL<br>(C)  | REFORMER<br>CIRCUIT<br>LIV.1/2 (G)               | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)                 |  |
| <b>19H00</b> | PILATES<br>MATWORK<br>LIV.1/2 (A)                            | STRETCHING<br>& BODY<br>ROLLING<br>LIV.1 (M)        | REFORMER<br>CIRCUIT<br>LIV.1/2 (G)<br>--<br><u>19H15</u><br>DYNAMIC<br>CIRCUIT<br>LIV. 2 (A)  | REFORMER<br>CIRCUIT<br>LIV.1/2 (M)               |  |  |

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|              |                                    |                                    |                                    |                                   |  |  |
|--------------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------|--|--|
|              |                                    |                                    |                                    |                                   |  |  |
| <b>19H30</b> | REFORMER<br>CIRCUIT<br>LIV.1/2 (M) | REFORMER<br>CIRCUIT<br>LIV.1/2 (G) | REFORMER<br>CIRCUIT<br>LIV.1/2 (C) |                                   |  |  |
|              |                                    |                                    |                                    |                                   |  |  |
| <b>20H00</b> | PILATES<br>MATWORK<br>LIV.1 (A)    | REFORMER<br>CIRCUIT<br>LIV.1/2 (M) | REFORMER<br>CIRCUIT<br>LIV.1/2 (G) | PILATES<br>MATWORK<br>LIV.1/2 (M) |  |  |