



ORARI CORSI COLLETTIVI SETTEMBRE 2020

ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10h00		REFORMER CIRCUIT LIV.1/2 (M)	7.00 REFORMER CIRCUIT LIV.1/2 (C)		8.00 REFORMER CIRCUIT LIV.1/2 (C)	
13h15		REFORMER CIRCUIT LIV.1/2 (C)			13.00 REFORMER CIRCUIT LIV.1/2 (C)	
17H00	REFORMER CIRCUIT LIV.1/2 (M)			17H30 REFORMER CIRCUIT LIV.1/2 (G)	17.30 REFORMER CIRCUIT LIV.1/2 (C)	
18h00	REFORMER CIRCUIT LIV.1/2 (M)	17.30 PILATES PRENATAL (C)	PILATES MATWORK LIV. 1/2 (G)	BODY ROLLING & STRETCHING ALL LEVEL (M)	18.30 REFORMER CIRCUIT LIV.1/2 (C)	
	18.30 REFORMER CIRCUIT LIV.1/2 (G)		18.00 REFORMER CIRCUIT LIV. 1/2 (A)			
19h00	PILATES MATWORK LIV. 1/2 (M)	19.30 REFORMER CIRCUIT LIV. 1/2 (G)	REFORMER CIRCUIT LIV. 1/2 (A)			
	19.30 REFORMER CIRCUIT LIV. 1/2 (G)					
20h00	REFORMER CIRCUIT LIV. 1/2 (M)		REFORMER CIRCUIT LIV.1/2 (G)	REFORMER CIRCUIT LIV.1/2 (M)		

(A)ANNA; (M) MANU; (C) CARLOTTA; (G) GIADA