



Ora	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
07:00	07:00–07:50 Functional Training GIORGIA	07:00–07:50 Reformer GIORGIA	07:00–07:50 Reformer MAX	07:00–07:50 Functional Training GIORGIA		
08:00	08:00–08:50 Functional Training GIORGIA	08:00–08:50 Reformer GIORGIA	08:00–08:50 Functional Training MAX	08:00–08:50 Reformer GIORGIA	08:00–08:50 Reformer MAX	08:00–08:50 Reformer MAX / GIORGIA
09:00	09:00–09:50 Postural Reformer GIORGIA	09:00–09:50 Postural Reformer GIORGIA	09:00–09:50 Reformer MAX	09:00–09:50 Postural Reformer GIORGIA	09:00–09:50 Reformer MAX	09:00–09:50 Soft Pilates Reformer GIORGIA
10:00	10:00–10:50 Functional Training GIORGIA	10:00–10:50 Reformer GIORGIA	10:00–10:50 Postural Reformer MAX	10:00–10:50 Functional Training GIORGIA	10:00–10:50 Postural Reformer MAX	10:00–10:50 Reformer MAX / GIORGIA
11:00	11:00–11:50 Soft Pilates Reformer GIORGIA	11:00–11:50 Functional Training GIORGIA	11:00–11:50 Soft Pilates Reformer MAX	11:00–11:50 Functional Training GIORGIA	11:00–11:50 Soft Pilates Reformer MAX	11:00–11:50 Reformer MAX / GIORGIA
12:00						
13:00	13:00–13:50 Reformer GIORGIA			13:00–13:50 Reformer GIORGIA		
14:00	14:00–14:50 Functional Training GIORGIA	14:00–14:50 Reformer GIORGIA		14:00–14:50 Reformer GIORGIA	14:00–14:50 Functional Training MAX	
15:00		15:00–15:50 Functional Training GIORGIA			15:00–15:50 Functional Training MAX	
16:00	16:00–16:50 Soft Pilates Reformer GIORGIA	16:00–16:50 Reformer GIORGIA		16:00–16:50 Soft Pilates Reformer MAX		
17:00	17:00–17:50 Functional Training MAX	17:00–17:50 Reformer MAX	17:00–17:50 Reformer IVANA	17:00–17:50 Functional Training MAX	17:00–17:50 Reformer GIORGIA	
18:00	18:00–18:50 Reformer MAX	18:00–18:50 Reformer MAX	18:00–18:50 Functional Training IVANA	18:00–18:50 Reformer MAX	18:00–18:50 Reformer GIORGIA	
19:00	19:00–19:50 Reformer MAX	19:00–19:50 Functional Training MAX	19:00–19:50 Reformer IVANA	19:00–19:50 Reformer MAX	19:00–19:50 Functional Training GIORGIA	
20:00	20:00–20:50 Reformer MAX	20:00–20:50 Functional Training MAX	20:00–20:50 Reformer IVANA	20:00–20:50 Functional Training MAX		

Gli orari sono soggetti a variazioni · le classi saranno aperte con un minimo di 2 persone.

La durata di ogni lezione è di 50 minuti · la prenotazione è obbligatoria.

Una settimana al mese sarà dedicata all'allenamento Tower Pilates.