

Orario Settimanale Corsi

Lunedì

08.30–09.30 Reformer Pilates (*)
11.30–12.30 Pilates, Matwork
13.00–14.00 Yoga Align, Pranajiva Style
14.00–15.00 AntiGravity Aerial Yoga&Pilates;
17.00–18.00 Reformer Pilates (*)
18.00–19.00 Reformer Pilates (*)
19.00–20.00 Pilates, Matwork

Martedì

07.30–08.30 Yoga Slow
12.00–13.00 Reformer Pilates (*)
13.00–14.00 Pilates Ballet Barre Training
17.30–18.30 AntiGravity Aerial Yoga&Pilates;
18.30–19.30 Pilates Power, Matwork
19.30–20.30 Reformer Dinamico (*)

Mercoledì

10.30–11.30 Reformer Pilates
11.30–12.30 Pranajiva Yoga, Flex
13.00–14.00 Pranajiva Yoga, Vinyasa
14.00–15.00 Combo Pilates: Reformer&AntiGravity, Nuovo
19.00–20.00 Pranajiva Yoga Slow Flow

Giovedì

07.30–08.30 Yoga Slow (*)
12.00–13.00 Reformer Pilates (*)
13.00–14.00 Pilates, Power
19.00–20.00 Pilates, Matwork Venerdì
10.30–11.30 Reformer Pilates (*)
11.30–12.30 Pilates per il benessere del Pavimento Pelvico, Nuovo
13.00–14.00 Yoga Lunar, Pranajiva Style
16.30–17.30 Reformer Pilates (*)
17.30–18.30 Reformer Dinamico (*)
18.30–19.30 Pranajiva Yoga, Flex&Restore;

Sabato

09.30–10.30 Yoga Detox, Pranajiva Style

Nota: Le lezioni con () sono da confermare.*