

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

9:00 - 9:45

Funzionale

Paola

9:45 - 10:30

Pilates Matwork

Paola

9:00 - 9:45

Pilates Matwork

Paola

9:45 - 10:30

Funzionale

Paola

11:30 - 12:15

Pilates Matwork

Daniela

12:15 - 13:00

Pilates Matwork

Daniela

13:00 - 13:45

Pilates Matwork

Daniela

11:30 - 12:15

Pilates Matwork

Daniela

12:15 - 13:00

Pilates Matwork

Daniela

13:00 - 13:45

Pilates Matwork

Daniela

12:30 - 13:30

Pole Dance - Open Lev.

Debora

13:30 - 14:15

Funzionale

Riccardo

13:00 - 13:45

Funzionale

Riccardo

18:30 - 19:30

Pole Dance - Interm. 1

Debora

19:30 - 20:30

Pole Dance - Base 1/2

Debora

20:30 - 21:30

Pole Dance - Base 2

Debora

18:30 - 19:30

Pole Dance - Base 1

Debora

19:30 - 20:30

Pole Dance - Base 1

Debora

20:30 - 21:30

Pole Dance - Interm. 2

Debora

19:30 - 20:30

Pole Dance - Interm. 1

Debora

20:30 - 21:30

Pole Dance - Base 1

Debora

19:30 - 20:30

Pole Dance - Base 1/2

Lara

20:30 - 21:30

Pole Dance - Interm. 2

Lara

18:00 - 19:30

Flexibility (1h 30')

Alessandra

19:30 - 21:00

Flexibility (1h 30')

Alessandra