

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
			8.00 REFORMER BASE Sonia		8.00 REFORMER INTERMEDIO Claudia				8.00 REFORMER INTERMEDIO Sonia
8.30 BACK SCHOOL Loredana	9.00 KINESIS SPORT Sonia	8.50 POSTURAL PILATES Loredana	9.00 REFORMER ADVANCED Sonia	8.50 POSTURAL PILATES Loredana	9.00 REFORMER BASE Claudia	8.30 BACK SCHOOL Loredana	9.00 KINESIS SPORT Sonia	8.50 POSTURAL PILATES Loredana	9.00 REFORMER ADVANCED Sonia
9.45 BACK SCHOOL Loredana		10.00 POSTURAL PILATES Loredana	10.00 REFORMER INTERMEDIO Sonia	10.00 PANCAFIT GROUP Loredana	10.00 REFORMER BASE Claudia	9.45 BACK SCHOOL Loredana		10.00 POSTURAL PILATES Loredana	10.00 REFORMER INTERMEDIO Sonia
			11.00 REFORMER POSTURAL Sonia	11.00 POSTURAL PILATES Claudia		10.50 PANCAFIT GROUP Loredana		11.00 POSTURAL PILATES Claudia	11.00 REFORMER POSTURAL Sonia
			12.00 REFORMER BASE Claudia						12.00 REFORMER BASE Claudia
	13.10 KINESIS SPORT Sonia	13.00 POSTURAL PILATES Loredana	13.10 REFORMER INTERMEDIO Sonia		13.10 REFORMER INTERMEDIO Sonia		13.10 KINESIS SPORT Sonia	13.00 POSTURAL PILATES Loredana	13.00 REFORMER INTERMEDIO Sonia
17.20 POSTURAL PILATES Loredana	17.30 REFORMER BASE Sonia		17.30 REFORMER POSTURAL Sonia	17.15 POSTURAL PILATES LOREDANA		17.20 POSTURAL PILATES Loredana	17.30 REFORMER POSTURAL Sonia	17.15 POSTURAL PILATES Loredana	
18.30 POSTURAL PILATES Loredana	18.30 REFORMER INTERMEDIO Sonia	18.30 FUNCTIONAL TRAINING Alessandro	18.30 REFORMER ADVANCED Sonia	18.20 PANCAFIT GROUP Loredana	19.00 KINESIS SPORT Sonia	18.30 FUNCTIONAL TRAINING Simone	18.30 REFORMER ADVANCED Sonia	18.30 POSTURAL PILATES Loredana	18.00 REFORMER BASE Sonia
19.30 POSTURAL PILATES Loredana	19.30 PILATES INTERMEDIO Sonia	19.30 FUNCTIONAL TRAINING Alessandro	19.30 REFORMER INTERMEDIO Sonia	19.30 POSTURAL PILATES Loredana		19.30 FUNCTIONAL TRAINING Simone	18.30 REFORMER ADVANCED Sonia	19.30 POSTURAL PILATES Loredana	19.00 REFORMER INTERMEDIO Sonia

BACK SCHOOL	Ginnastica posturale livello base con particolare attenzione alle algie vertebrali.
POSTURAL PILATES	Ginnastica metodo pilates livello base con utilizzo di piccoli attrezzi su tappetino.
PILATES INTERMEDIO E REFORMER	Ginnastica metodo pilates livello intermedio e avanzato con utilizzo di piccoli e grandi attrezzi (carrello pilates).
FUNCTIONAL TRAINING	Circuito atletico a tempo con utilizzo di piccoli attrezzi.
KINESIS SPORT	Circuito a tempo su parete Technogym attrezzata con cavi e sovraccarico. Migliora il tuo ability training con movimenti naturali e tridimensionali.
PANCA FIT	Allungamento globale decompensato. Agisce su riequilibrio posturale attraverso la respirazione.