

CALENDARIO RYOGA PRATI

LUNEDÌ				MARTEDÌ				MERCOLEDÌ				GIOVEDÌ				VENERDÌ				SABATO	
8:00-9:00 Pilates Sculpt Clotilde	8:00-9:00 Pilates Matwork Giulia			8:00-9:00 Pilates Matwork Antonella	8:00-9:00 Pilates Matwork Karin		7:45-8:45 Hatha Damiano	8:00-9:00 Pilates Sculpt Clotilde	8:00-9:00 Pilates Matwork Giulia			8:00-9:00 Pilates Matwork Antonella	8:00-9:00 Pilates Matwork Karin		7:45-8:45 Hatha Damiano		8:00-9:00 Pilates Matwork Giulia				
	9:00-10:15 Hatha Samuela	9:15-10:15 Hatha Flow Matteo	9:30-10:30 Postural Pilates Karin	9:30-10:30 Postural Pilates Karin	9:30-10:45 Hatha Flow Chiara	9:15-10:30 Iyengar Ena	9:00-10:15 Shastra Flow Damiano	9:00-10:15 Synergy Flow Deborah	9:00-10:15 Hatha Samuela	8:30-10:00 Ashtanga Giada			9:30-10:30 Postural Pilates Matwork Karin	9:15-10:30 Iyengar Ena	9:00-10:15 Shastra Flow Damiano	8:30-10:00 Ashtanga Giada		9:00-10:15 Synergy Flow Deborah	ENG		
			10:45-11:45 Postural Yoga Matteo			11:15-12:15 Yoga Postural Therapeutic Nike			10:45-11:45 Circuit Pilates Francesco							9:45-10:45 Postural Pilates Matwork Karin	9:30-10:45 Hatha Flow Chiara				
	12:00-13:00 Pilates Stefano				12:00-13:00 Pilates TRX Heloise		12:15-13:15 Circuit Pilates Antonella		12:00-13:00 Pilates Francesco				12:00-13:00 Pilates TRX Heloise		12:15-13:15 Circuit Pilates Antonella		12:00-13:00 Circuit Pilates Stefano	10:45-11:45 Postural Yoga Stefano			
13:15-14:15 Ballet Sculpt Alexandru	13:30-14:30 Funzionale Maurizio			13:15-14:15 Barre Heloise	13:15-14:15 Power Mat Camilla			13:15-14:15 Ballet Sculpt Alexandru	13:30-14:30 Funzionale Maurizio			13:15-14:15 Barre Heloise	13:15-14:15 Power Mat Camilla			13:15-14:15 Ballet Sculpt Alexandru	13:30-14:30 Funzionale Maurizio				
14:30-16:00 Danza Moderna Jazz Lavinia								14:30-16:00 Danza Moderna Jazz Lavinia													
	17:15-18:15 Pilates Fabiola Z.			17:30-18:30 Power Mat Alexandru	18:00-19:00 Aerial Yoga Federica	18:00-19:00 Iyengar Mayumi	18:00-19:00 Pre-post parto Samuela		17:15-18:15 Pilates TRX Fabiola Z.	18:00-18:45 Bagno Sonoro Federica		17:30-18:30 Power Mat Alexandru	18:00-19:00 Aerial Yoga Federica	18:00-19:00 Somatic Yoga Nike		17:15-18:15 Barre Vanessa	17:15-18:15 Aerial Flow Giulia F.	18:00-19:00 Hot Yin Stefano			
18:25-19:25 Barre Fabiola Z.	18:30-19:30 Hatha Francesco P.	18:15-19:15 Pilates Matwork Stefano	18:30-19:30 Power Vinyasa Flow Giorgia	18:45-19:45 Barre Alexandru				18:25-19:25 Barre Fabiola Z.	18:30-19:30 Hatha Francesco P.		18:30-19:30 Power Vinyasa Flow Giorgia	18:45-19:45 Barre Alexandru				18:15-19:30 Iyengar Mayumi	18:30-19:30 Hatha Francesco P.	18:30-19:30 Pilates Matwork Vanessa			
						19:15-20:30															
19:30-20:30 Core & Stretch Fabiola Z.	19:45-21:00 Active Series Susanna	19:30-20:30 Yin Caterina	19:45-21:00 Vinyasa Flow Stefano	19:50-20:50 Pilates Matwork Andrea T.	19:50-20:45 Ashtanga Samuela	19:50-20:45 Sound Hatha Federica	19:30-20:45 JM Vinyasa Federico	19:30-20:30 Core & Stretch Fabiola Z.	19:45-21:00 Active Series Susanna	19:30-20:30 Hatha Francesco P.	19:45-21:00 Rocket Giorgia		19:50-20:50 Pilates Matwork Andrea T.	19:15-20:45 Ashtanga Samuela	19:30-20:45 JM Vinyasa Federico			19:15-20:30 Vinyasa Flow Stefano			
										Il calendario può essere soggetto a cambiamenti, consigliamo quindi di controllarlo sempre online e di prenotare le lezioni tramite app o sito.											