

CENTRO PILATES YOGA

Orario settimanale attività stagione 2011/2012

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,00		Pilates Mat SOFT		Pilates Mat SOFT		
10,00			Corpo e Coscienza 9,30-10,30		Corpo e Coscienza 9,30-10,30	Pilates In gravidanza
11,00			Taï-Chï 10,30 - 11,30		Taï-Chï 10,30 - 11,30	YÔGA
12,00		Pilates Matwork		Pilates Matwork		Pilates Matwork
13,00						
14,00	Pilates Matwork 13,15 - 14,15	YÔGA	Pilates Matwork 13,15 - 14,15			
15,00	Pilates FLEX 14,30 - 15,30	Pilates FLEX 14,30 - 15,30	Pilates Matwork 14,30 - 15,30	Pilates Matwork 14,30 - 15,30	Pilates Matwork 14,30 - 15,30	
16,00			Pilates Adolescenti 15,45 - 16,45		Pilates Matwork 16,00 - 17,00	
17,00	YÔGA	Pilates Matwork 17,00 - 18,00	Pilates Matwork 17,00 - 18,00		Pilates Matwork 17,00 - 18,00	
18,00	YÔGA	Pilates FLEX 18,10 - 19,10	CARDIO Pilates 18,00 - 19,00	Pilates Matwork 18,00 - 19,00	Pilates & TONE 18,00 - 19,00	
19,00	Pilates FLEX 19,10 - 20,10		Pilates Matwork 19,10 - 20,10	Pilates & TONE 19,00 - 20,00	YÔGA 19,00 - 20,00	
20,00	Pilates Matwork 20,10 - 21,10	NIA 19,30 - 20,30	Pilates Matwork 20,10 - 21,10	Pilates Matwork 20,10 - 21,10	Pilates Matwork 20,10 - 21,10	
21,00	Pilates Matwork 21,10 - 22,10	Pilates STRONG 20,30 - 21,30	Pilates Advanced	Pilates Matwork 21,10 - 22,10		
22,00						