

Calendario corsi 2023/24

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
			7.30 – 8.30 PILATES	
	9.20 – 10.20 PILATES		9.00 – 10.00 TOTAL BODY	
	10.30 – 11.30 GINNASTICA DOLCE			10.30 – 11.30 GINNASTICA DOLCE
	13.15 – 14.15 PILATES	13.15 – 14.15 VINYASA YOGA	13.15- 14.15 PILATES BARRE	13.15 – 14.15 POWER PILATES
		16.30 – 17.30 PILATES	16.40 – 17.30 GIOCODANZA (3-5)	
17.00 – 18.00 VINYASA YOGA	17.30 – 18.30 SILHOUETTE	17.30 – 18.30 PILATES	17.30 – 18.25 DANCE&FLYING (6-8)	
18.05 – 19.05 VINYASA YOGA	18.30 – 19.30 SILHOUETTE	18.40 – 19.40 PILATES	18.30 – 19.30 PILATES MIX	
19.10 – 20.10 VINYASA YOGA	19.30 – 20.30 PILATES BARRE	19.40 – 20.40 PILATES	19.30 – 20.30 PILATES MIX	19.00 – 20.15 POSTURALE OPEN
	20.30 – 21.30 STRETCHING		20.35 – 21.35 VINYASA YOGA	

officinemorghen15@gmail.com - mobile 329 00 46 201

Insegnanti:

Pilates	Alessia/ Barbara	-	Pilates Barre	
Alessia	-	Federica	-	Power
Pilates	Ilaria			
Stretching	Alessia/Ilaria	-	Total Body	
Alessia	-	Chiara/Federica	Vinyasa Yoga	

Silhouette	Alessia	–	Ginnastica dolce
Barbara/Ilaria	–	Posturale open	Barbara
Giocodanza e Danza Moderna		Federica	