

Calendario corsi 2022/23

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
			7.30 – 8.30 PILATES	
	9.20 – 10.20 PILATES		9.00 – 10.00 PILATES BARRE	
	12.15 – 13.15 PILATES			
			13.15- 14.15 PILATES BARRE	13.15 – 14.15 PILATES
	14.30 – 15.30 FELDENKRAIS			
		16.30 – 17.30 PILATES	16.40 – 17.30 GIOCODANZA (3-5)	
17.00 – 18.00 HATHA YOGA		17.30 – 18.30 PILATES	17.30 – 18.25 DANZA MODERNA (6-8)	17.00 – 18.00 DANCE&FLY (8-13)
18.00 – 19.00 HATHA YOGA	18.30 – 19.30 SILHOUETTE	18.40 – 19.40 PILATES	18.30 – 19.30 PILATES	18.00- 19.00 BODY FLYING
19.00 – 20.00 HATHA FLOW	19.30 – 20.30 PILATES BARRE	19.40 – 20.40 PILATES	19.30 – 20.30 HOLISTIC GYM	19.00 – 20.15 EQUILIBRIO POSTURALE
	20.30 – 21.30 PILATES STRETCH		20.35 – 21.35 VINYASA YOGA	

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Bodyflying	Barbara/Federica	Holistic Gym, Vinyasa Yoga	Federica
Giocodanza, Danza Moderna	Federica	Hatha, Hatha Flow	Ginevra
Dance&Fly	Barbara/Federica	Pilates	Barbara/Federica/Alessia
Equilibrio posturale	Barbara/Federica	Pilates Barre/Silhouette	Alessia