Centro Pilates Yoga Roma
ORARIO LEZIONI 2018/2019

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
9:00												
:30			PILATES Mat Soft Lamberto				PILATES Mat Soft Lamberto					
10:00											YIN YOGA Daniela M	PILATES in gravidanza Lamberto
11:00											YOGA Flow Daniela M	BODYFLYING Lamberto
12:00			PILATES Matwork Lamberto		Hatha YOGA Titti Torchia		PILATES Matwork Lamberto				PILATES Matwork Lamberto	BODYFLYING YOGA Daniela M
13:00												
:15	PILATES Matwork Lamberto				PILATES Matwork Lamberto							
:30			YOGA Integrale Anna						YOGA Integrale Anna			
14:00												
:30	PILATES Matwork Lamberto				Hatha YOGA Titti Torchia		PILATES Matwork Lamberto				ASANA Lab YOGA Daniela M	
15:00									PILATES Matwork Lamberto			
:30											Seminari Workshop Approfondimenti	
16:00							PILATES in gravidanza Ilaria					
17:00	PILATES Matwork Daniela P.	YOGA DANCE Titti Torchia	PILATES Matwork Ilaria	BODYFLYING Lamberto	PILATES Matwork Francesca	CORPO e COSCIENZA Sara	PILATES Matwork Ilaria	YIN YOGA Daniela M	PILATES Matwork Francesca	Yoga NIDRA Anna		
18:00		Hatha YOGA Daniela M		PILATES DANCE Ilaria	Cardio PILATES Francesca		PILATES Matwork Ilaria	Hatha YOGA Daniela M	Tone PILATES Francesca	YOGA Integrale Anna		
:10	PILATES Matwork Daniela P.		PILATES Matwork Lamberto			PILATES Matwork Daniela P.						
19:00				PILATES Matwork Ilaria			PILATES Mat-TONE Lamberto					
:10	PILATES Matwork Lamberto		YOGA Integrale Anna		PILATES Matwork Lamberto			YOGA Integrale Anna	YOGA Integrale Anna			
:15		Hatha YOGA Daniela M										
:20						Booty Barre Daniela P.				BODYFLYING Lamberto		
20:00												
:10	PILATES Matwork Lamberto				PILATES Matwork Lamberto		PILATES Matwork Lamberto					
:20		Hatha YOGA Daniela M		YOGA Integrale Anna		BODYFLYING Daniela P.		NAMASTE' LAB Anna	PILATES Strong Lamberto			
:30			PILATES Strong Lamberto									
21:00												
:10	PILATES Matwork Lamberto						PILATES Matwork Lamberto					
22:00 :10												