	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9						
10	10.00 Pilates Matwork	9.30 Pilates DOLCE	10.00 Hatha Yoga	9.30 Pilates DOLCE	10.00 Pilates Matwork	10.00 MOTR Pilates 10.00 YiN Yoga
11						11.00 Body Flying
12	12.00 Pilates Matwork	12.00 Pilates Matwork	12.00 Pilates Matwork	12.00 Pilates Matwork	12.00 Pilates Matwork	12.00 Pilates Matwork
13	13.15 Pilates TONE 💪 13.15 Pilates SUSPENSION	13.15 Ginnastica Ipopressiva 13.30 Hatha Yoga (Anusara elements)	13.15 Pilates TONE 💪	13.30 Hatha Yoga (Anusara elements) 13.15 Pilates SUSPENSION	13.15 Pilates SUSPENSION	
14	14.30 Pilates Matwork		14.30 JustBarre 15.30 Pilates Matwork	14.30 Pilates Matwork		
15						
16						
17	17.00 Just Barre 17.20 Pilates Matwork	17.20 Pilates Matwork 17.00 MOTR Pilates	17.10 Hatha Yoga (Anusara elements) 17.20 Ginnastica Ipopressiva	17.00 Cardio PILATES 🔥 17.20 Pilates Matwork	17.20 Pilates Matwork 17.00 JustBarre	
18	18.00 Pilates Matwork 18.20 Viniyoga	18.20 Pilates Matwork 18.00 Hatha YOGA Flow	18.10 Hatha Yoga (Anusara elements) 18.20 Pilates Matwork	18.00 Viniyoga 18.20 Pilates Matwork	18.20 Pilates Matwork 18.00 Hatha YOGA Flow	
19	19.00 Pilates Matwork 19.20 Pilates SUSPENSION	19.20 Pilates Matwork 19.00 Hatha YOGA Flow	19.10 Pilates Matwork 19.20 Body Flying	19.00 Pilates TONE 💪 19.20 Pilates Matwork	19.20 Ginnastica Ipopressiva 19.00 Hatha YOGA Flow	
20	20.00 Pilates Matwork	20.30 Pilates STRONG 💪💪	20.10 Pilates Matwork	20.00 Pilates Matwork		
21	21.00 Pilates Matwork			21.00 Pilates Matwork		
22						

- Lambero
- Marta
- Michela
- Francesca
- Carla
- Ilaria P.
- Viviane
- Diego
- Silvia
- Caterina
- Alessandra

Le lezioni hanno una durata di 50 minuti.