

SAN VITO AL TAGLIAMENTO

LUNEDI

06.30 **YOGA DINAMICO**
10.30 *Pancafit*
12.45 **PILATES** ★
16.15 **PILATES POSTURALE**
17.30 **PILATES**
18.30 **TOTAL BODY**
19.35 **PILATES**

MARTEDI

07.30 *Pancafit*
08.45 **PILATES POSTURALE**
10.00 **PILATES FULL BODY**
11.00 *Pancafit*
17.15 **HATHA YOGA**
18.15 **YOGA FLOW**
DINAMICO (2° livello)
19.30 **TOTAL BODY FUNCT.**

MERCOLEDI

08.45_10.15 **HATHA YOGA**
16.15 **PILATES POSTURALE**
17.30 **PILATES**
18.30 *Pancafit*
19.35 **PILATES**

GIOVEDI

08.45 **PILATES POSTURAL**
10.00 **PILATES FULL BODY**
12.45 **YOGA DINAMICO** ★
17.15 **YOGA DINAMICO**
18.30 **TOTAL BODY FUNCT.**
19.30 **PILATES FULL BODY**

VENERDI

08.45_10.15 **HATHA YOGA**
17.00 **PILATES**
18.00 **PILATES INTERMEDIO**
19.05 **TOTAL BODY**

SABATO

08.00 **YOGA DINAMICO**
09.15 **PILATES**

MORSANO AL TAGLIAMENTO

LUNEDI

08.45 **PILATES**

MARTEDI

18.00 **PILATES**

19.05 **PILATES**

MERCOLEDI

08.45 **PILATES**

GIOVEDI

18.00 **PILATES**

19.05 **PILATES**