



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
10.00-11.00 PILATES Antonella	9.30-10.30 MOBILITY Martina	10.00-11.00 PILATES Antonella	9.00-10.15 TAI CHI Antonio	8.00-8.30 PRANAYAMA Ruben
				8.30-9.40 YOGA TERAPEUTICO Ruben
	13.15-14.15 PILATES Antonella		13.15-14.15 PILATES Antonella	
				17.30-19.00 ASHTANGA YOGA Silvia
18.00-19.30 KUNDALINI Irene	18.00-19.00 YOGA POSTURALE Antonella	18.00-19.00 YOGA POSTURALE Silvia	18.00-19.00 YOGA POSTURALE Antonella	
19.45-21.15 YOGA DEL SOLE E DELLA LUNA Marbis	19.15-20.15 PILATES DYNAMIC Martina		19.15-20.15 PILATES DYNAMIC Martina	



Antonella 346 742 6651

