

PLANING

	Ora	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
A	09:00-10:00	Pilates Reformer Daniela				
A	09:30-10:30		Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela
B	09:00-10:00		Functional Pil. Lidia		Functional Pil. Lidia	
B	09:30-11:00	Yogalates Loredana				Yogalates Loredana
B	09:30-10:30					
A	10:00-11:00	Pilates Reformer Daniela				
A	10:30-11:30		Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela
B	10:30-11:30	Yoga Kund. Jessica		Postural Pilates		
A	11:00-12:00	Pilates Reformer Daniela				
A	11:30-12:30		Pilates Reformer Daniela	Pilates Reformer Daniela	Pilates Reformer Daniela	
B	11:30-12:30					
A	12:30-13:30	Pilates Reformer Enza		Pilates Reformer Enza		Pilates Reformer Enza
B	12:30-13:30					
A	13:30-14:30	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza
B	13:30-14:30	Functional Pilates Lidia		Funzionale Pilates Lidia		Functional Pilates Lidia
A	14:30-15:30	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza
B	14:30-15:30		Yogalates Loredana		Yogalates Loredana	
A	16:00-17:00	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza
B	16:45-18:00					
A	17:00-18:00	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza	Pilates Reformer Daniela	Pilates Reformer Enza
B	17:00-18:00		Yogalates Enza		Yogalates Enza	
A	18:00-19:00	Pilates Reformer Enza	Pilates Reformer Enza	Pilates Reformer Enza	Pilates Reformer Enza	Pilates Reformer Daniela
B	18:00-19:30			Yoga Kund. Jessica		
B	19:30-21:00			Yoga Kund. Jessica		
A	19:00-20:00	Pilates Reformer Enza	Pilates Reformer Enza	Pilates Reformer Enza	Pilates Reformer Enza	
B	19:00-20:00	Matwork Daniela	Yogalates Loredana		Yogalates Loredana	Matwork Daniela
A	20:00-21:00	Pilates Reformer Lidia	Pilates Reformer Enza	Pilates Reformer Lidia	Pilates Reformer Enza	
B	20:00-21:00					Matwork Daniela