ORARIO VIpilates STAGIONE 2016/2017

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
ORA	SALA A	SALA B	ORA	SALA A	SALA B	ORA	SALA A	SALA B	ORA	SALA A	SALA B	ORA	SALA A	SALA B	ORA	SALA A	SALA B
9:00-10:00	QI GONG		**9:00-10:00**	PILATES		**09:00-10:00**	QI GONG		**09:00-10:00**	PILATES		**9:00-10:00**	PILATES Antigravity Fit		**9:00-10:00**		
			10:00-11:00	PILATES Base		**10:00-11:00**	GINNASTICA Dolce		**10:00-11:00**	PILATES Base					**10:30-11:30**	MASTER CLASS	
13:15-14:15	CIRCUITO		**13:15-14:15**	PILATES		**13:15-14:15**	TOTAL BARRE™		**13:15-14:15**	PILATES		**13:15-14:00**	PILATES Antigravity			**C**	
			14:30-15:30	CIRCUITO		**14:30-15:30**	CARDIO Pilates		**14:30-15:30**	ALLENAMENTO Funzionale		**14:00-15:00**	CIRCUITO Grandi Attrezzi			**H**	
																I	
			17:00-17:45	PILATES Antigravity					**17:00-17:45**	PILATES Antigravity						**U**	
18:00-19:00	PILATES		**18:00-19:00**	CIRCUITO		**18:00-19:00**	TOTAL BARRE™		**18:00-19:00**	PILATES		**18:00-19:00**	POSTURAL Pilates			**S**	
19:00-20:00	POSTURAL Pilates		**19:00-20:00**	PILATES Funzionale		**19:00-20:00**	PILATES		**19:00-20:00**	PILATES Funzionale		**19:00-20:30**	YOGA			**O**	
20:00-21:30	YOGA					**20:00-21:00**	ALLENAMENTO Funzionale										