



EQUILIBRIO
PILATES

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:00	REFORMER STUDIO	REFORMER STUDIO	REFORMER	STUDIO REFORMER	STUDIO REFORMER	9:00 MATWORK
9:10	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	10:10 REFORMER
10:20	STUDIO OVER 60	STUDIO REFORMER	STUDIO OVER 60	STUDIO STUDIO	STUDIO REFORMER	11:20 STUDIO
11:30	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	STUDIO	12:30 REFORMER
12:50	STUDIO REFORMER	STUDIO REFORMER STUDIO	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	
14:20	STUDIO REFORMER		STUDIO REFORMER	STUDIO REFORMER		
15:30	STUDIO REFORMER		STUDIO REFORMER	STUDIO REFORMER	STUDIO	
16:50	STUDIO REFORMER STUDIO	STUDIO STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER	
18:00	STUDIO REFORMER MAT ON LINE	STUDIO STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER MAT ON LINE	STUDIO REFORMER	
19:10	STUDIO REFORMER MAT ON LINE	STUDIO REFORMER	STUDIO REFORMER	STUDIO REFORMER MAT ON LINE	STUDIO MATWORK	
20:15	STUDIO REFORMER	REFORMER STUDIO	STUDIO REFORMER	STUDIO REFORMER		

LEGENDA

- STUDIO
- REFORMER
- MATWORK
- MAT ON LINE

- matwork . OVER 60
- Livello PRINCIPIANTE
- Livello INTERMEDIO
- Livello AVANZATO