

STUDIO SAN POLO | Orario dal 1 al 14 settembre

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Claire	9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Beatrice	9:00 – 10:00 PILATES Laura	
18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 - 19 :00 VINYASA FLOW Claire Claire	18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 VINYASA FLOW Multilivello Beatrice	18:00 – 19:00 PILATES CROSSFIT Erika	
19:15 – 20: 15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 – 20:15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 - 20 :15 YOGA TIBETANO Erika	
		20:30 – 21:30 PILATES CROSSFIT Erika			

STUDIO SAN POLO | Orario dal 14 al 28 settembre

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Claire	9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Beatrice	9:00 – 10:00 PILATES Laura	
	13:00 – 14:00 PILATES PAUSA PRANZO Erika		13:00 – 14:00 PILATES PAUSA PRANZO Erika		
18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 - 19 :00 VINYASA FLOW Claire Claire	18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 VINYASA FLOW Multilivello Beatrice	18:00 – 19:00 PILATES CROSSFIT Erika	
19:15 – 20:15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 – 20:15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 - 20 :15 YOGA TIBETANO Erika	
20:30 – 21:30 PILATES CROSSFIT Erika	20:30 – 21:30 PILATES Laura	20:30 – 21:30 PILATES CROSSFIT Erika	20:30 – 21:30 PILATES Laura		

STUDIO SAN POLO | Orario Settembre (definitivo dal 28)

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	7:30 – 8:30 HATHA YOGA Base Claire	7:30 – 8:30 PILATES Erika			
9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Claire	9:00 – 10:00 PILATES Erika	9:00 – 10:00 VINYASA FLOW Beatrice	9:00 – 10:00 PILATES Laura	9:00 – 10:00 PILATES MET Erika
10:30 – 11:30 PILATES SOFT Elisa		10:30 – 11:30 PILATES SOFT Elisa		10:30 – 11:30 PILATES SOFT Elisa	10:15 – 11:15 VINYASA FLOW Beatrice
13:00 – 14:00 YOGA PAUSA PRANZO Claire	13:00 – 14:00 PILATES PAUSA PRANZO Erika	13:00 – 14:00 YOGA PAUSA PRANZO Claire	13:00 – 14:00 PILATES PAUSA PRANZO Erika		
18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 - 19 :00 VINYASA FLOW Claire Claire	18:00 – 19:00 ANUSARA YOGA Base Davide	18:00 VINYASA FLOW Multilivello Beatrice	18:00 – 19:00 PILATES CROSSFIT Erika	
19:15 – 20: 15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 – 20:15 ASHTANGA VINYASA Multilivello Caterina	19:15 – 20:15 PILATES MET Erika	19:15 - 20 :15 YOGA TIBETANO Erika	
20:30 – 21:30 PILATES CROSSFIT Erika	20:30 – 21:30 PILATES Laura	20:30 – 21:30 PILATES CROSSFIT Erika	20:30 – 21:30 PILATES Laura		