

ORARI DELLE LEZIONI

Lun	Mar	Mer	Gio	Ven
9.00 - 10.00 GYROKINESIS® Stefania	8.45 - 9.45 FELDENKRAIS® Luisa		8.45 - 9.45 FELDENKRAIS® Luisa	9.00 - 10.00 GYROKINESIS® Stefania
10.00 - 11.00 GYROKINESIS® Roberto	10.00 - 11.00 GYROKINESIS® Stefania	10.00 - 11.00 GYROKINESIS® Roberto	10.00 - 11.00 GYROKINESIS® Stefania	
	11.00 - 12.00 PILATES Rossella		11.00 - 12.00 PILATES Rossella	
13.30 - 14.30 PILATES Rossella	12.00 - 13.00 FELDENKRAIS® Luisa	16.00 - 17.00 PILATES Rossella	12.00 - 13.00 FELDENKRAIS® Luisa	13.30 - 14.30 PILATES Rossella
17.30 - 18.30 GYROKINESIS® Roberto	17.00 - 18.00 GYROKINESIS® Roberto	17.00 - 18.00 GYROKINESIS® Roberto	17.30 - 18.30 GYROKINESIS® Roberto	16.00 - 17.00 PILATES Rossella
19.00 - 20.00 GYROKINESIS® Sara	18.00 - 19.00 PILATES Rossella	19.00 - 20.00 GYROKINESIS® GRAVIDANZA Carlotta	18.30 - 19.30 PILATES Rossella	18.00 - 19.00 GYROKINESIS® Carlotta