

POSTURALE E PILATES REFORMER

Lunedì

PILATES REFORMER
11:50 - 12:40

PILATES REFORMER
20:25 - 21:15

Martedì

POSTURAL
09:00 - 10:00
POSTURAL
10:00 - 11:00

ACQUA POSTURAL
11:15 - 12:15

PILATES REFORMER
14:30 - 15:20

ACQUA POSTURAL
15:00 - 16:00

POSTURAL
16:00 - 17:00

Mercoledì

PILATES REFORMER
08:20 - 09:10

PILATES REFORMER
16:45 - 17:35

Giovedì

POSTURAL
09:45 - 10:45

PILATES REFORMER
17:00 - 17:50

Venerdì

PILATES REFORMER
08:20 - 09:10

POSTURAL
09:00 - 10:00

ACQUA POSTURAL
10:15 - 11:15

ACQUA POSTURAL
11:15 - 12:15

PILATES REFORMER
11:50 - 12:40

PILATES REFORMER
20:00 - 20:50

Sabato

PILATES REFORMER
09:40 - 10:30

Domenica