

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9.45 - 10.45 WELLBACK POSTURALE	9.30 - 10.45 HATHA YOGA STEFANIA	9.45-10.45 BODY TONIC LAURA	09.30 - 10.30 WELLBACK POSTURALE	
11.00 - 12.00 WELLBACK POSTURALE	11.30 - 12.30 WELLBACK POSTURALE	11.00 - 12.00 WELLBACK POSTURALE	10.40 - 11.40 WELLBACK POSTURALE	10.00 - 11.00 WELLBACK PILATES (MAX 6 PERSONE)
13.00 - 14.00 WELLBACK POSTURALE	13.00 - 14.00 QI GONG PAOLA			
17.30 - 18.30 WELLBACK PILATES (MAX 6 PERSONE)		17.20 - 18.20 WELLBACK PILATES (MAX 6 PERSONE)	17.30 - 18.30 QI GONG PAOLA	
18.45 - 19.45 PILATES ALESSANDRA		18.30 - 19.30 WELLBACK POSTURALE	18.30 - 19.30 POSTURAL YOGA THERAPY LAURA	
	19.00 - 20.00 WELLBACK POSTURALE		19.45 - 21.00 HATHA YOGA STEFANIA	
20.30 - 21.30 BODY TONIC STEFANIA	20.00 - 21.15 HATHA YOGA STEFANIA		21.00 - 22.00 BODY TONIC STEFANIA	21.00 - 22.00 TANGO ARGENTINO LAURA E PAOLO