CORSI 2026 - 2027 AXIS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
MATTINO	PILATES REFORMER Niccolò 9:00-9:50	YOGA DINAMICO Angelica 7:30-8:30	PILATES REFORMER Niccolò 9:00-9:50	PILATES REFORMER Federica 7:30-8:20	PILATES REFORMER Martina 9:00-9:50	YOGA DINAMICO Federica 9:30-10:30
	PILATES REFORMER Niccolò 10:00-10:50	PILATES Dalila 10:00-11:00	PILATES REFORMER Niccolò 10:00-10:50	PILATES ATTREZZI Dalila 10:00-11:00	PILATES IN GRAVIDANZA Martina 10:00-10:50	PILATES REFORMER Federica 10:40-11:30
PRANZO	PILATES Veronica 12:00-13:00	PT GROUP Dalila 12:00-12:45	PILATES REFORMER Niccolò 12:00-13:00	PT GROUP Dalila 12:00-12:45	PILATES Alfredo 12:00-13:00	
	TOTAL BODY WORKOUT Veronica 13:15-14:00	PT GROUP Dalila 13:15-14:00	CIRCUIT TRAINING Niccolò 13:15-14:00	PILATES Dalila 13:15-14:00	CIRCUIT TRAINING Alfredo 13:15-14:00	
POMERIGGIO			CAPOEIRA 6-12 anni Davide 17:00-18:00			
	PILATES REFORMER Cristiano 18:00-18:50	PILATES REFORMER Martina 17:50-18:40	TOTAL BODY WORKOUT Andrea 18:15-19:00	PILATES Martina 18:00-18:45	TOTAL BODY WORKOUT Livio 18:00-18:45	
SERA	CIRCUIT TRAINING Cristiano 19:00-19:45	PILATES REFORMER Martina 18:45-19:35	PILATES Andrea 19:00-19:45	CIRCUIT TRAINING Martina 18:45-19:30	PILATES REFORMER Livio 18:55-19:45	
	TOTAL BODY WORKOUT Cristiano 19:45-20:30	PILATES & STRETCH Martina 19:45-20:30	CIRCUIT TRAINING Andrea 19:45-20:30	PILATES REFORMER Martina 19:35-20:25	PILATES REFORMER Livio 19:50-20:40	
	CAPOEIRA Mattia 20:30-22:00	CAPOEIRA Mattia 20:30-22:00		CAPOEIRA Mattia 20:30-22:00		

ATTIVITÀ CONSCIOUS E BALANCE

ATTIVITÀ CARDIO E TONIFICAZIONE

REFORMER

DISCIPLINE

PERSONAL TRAINING IN GRUPPO

PILATES IN GRAVIDANZA