

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30-11:30 Pilates with Props Giuglia
				12:30-13:30 Rocket Yoga level ½	
17:45-18:45 Pilates & Functional Training with TRX Irene	18:00-19:00 Pilates with Props	18:15-19:15 Barre &Tone Giuglia	18:00-19:00 Strech &Tone & Pilates		
19:00-20:30 Rocket Yoga level ½	19:15-20:15 Yoga Vinyasa Flow		19:15-20:15 Rocket Yoga level ½		