

| Monday                                                                            | Tuesday                                         | Wednesday                                                                                              | Thursday                                                              | Friday | Saturday                                                          |
|-----------------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------|-------------------------------------------------------------------|
|                                                                                   |                                                 |                                                                                                        |                                                                       |        | <b>10:30-11:30</b><br><b>Pilates with Props</b><br><b>Giuglia</b> |
|                                                                                   |                                                 |                                                                                                        |                                                                       |        |                                                                   |
| <b>17:45-18:45</b><br><b>Pilates &amp; Functional Training</b><br><b>with TRX</b> | <b>18:00-19:00</b><br><b>Pilates with Props</b> | <b>18:30-19:30</b><br><b>Pilates &amp; Functional</b><br><b>Training with TRX</b><br><br><b>Giulia</b> | <b>18:00-19:00</b><br><b>Strech &amp;Tone &amp;</b><br><b>Pilates</b> |        |                                                                   |
| <b>19:00-20:30</b><br><b>Rocket Yoga</b><br><b>level ½</b>                        | <b>19:15-20:15</b><br><b>Yoga Vinyasa Flow</b>  |                                                                                                        | <b>19:15-20:15</b><br><b>Rocket Yoga</b><br><b>level ½</b>            |        |                                                                   |