

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30-11:30 Pilates with Props Giuglia
	18:00-19:00 Pilates with Props Ourania	18:15-19:15 Barre &Tone Giuglia	18:00-19:00 Strech &Tone & Pilates Anna	18:00-19:00 Pilates & Functional Training with TRX Irene	
19:00-20:30 Rocket Yoga level ½ Elisa	19:15-20:15 Yoga Vinyasa Flow Elisa		19:00-20:30 Black Lotus sequence Stanislava		