

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30-11:30 Pilates with Props Giuglia
12:30-13:30 Pilates & Functional Training with TRX Orsi				12:30-13:30 Rocket Yoga level ½ Orsi	Monthly Once 11:40-12:40 Total Barre Pilates Giuglia
17:45-18:45 Pilates & Functional Training with TRX Orsi	18:00-19:00 Pilates with Props Orsi		18:00-19:00 Strech & Tone& Pilates Orsi	18:15-19:15 Pilates & Functional Training with TRX Giulia	
19:00-20:30 Rocket Yoga level ½ Orsi	19:15-20:15 Yoga Vinyasa Flow Orsi		19:00-20:30 Rocket Yoga level ½ Orsi		