

# Orari corsi (Esempio di programmazione)\*\*

Ora	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
06:30 - 08:00		Yoga Ashtanga		Yoga Ashtanga		
07:00 - 08:00	Barrè		Sculpt		Barrè	
08:10-09:10	Pilates	Sculpt	Barrè	Sculpt	Pilates	
09:00-10:00						Yoga Flow
09:20-10:20	Sculpt senior	Stretching	Sculpt senior	Stretching	Sculpt senior	
10:00-11:00						Barrè
11:00-12:00						Pilates
13:00-14:00	Barrè	Pilates	Sculpt	Pilates	Barrè	
17:00-18:00		Sculpt		Sculpt		
17:30-18:30	Pilates		Sculpt		Pilates	
18:15-19:15		Barrè		Barrè		
18:45-19:45	Sculpt		Barrè		Sculpt	
19:30-20:30		Yoga Flow		Yoga Flow		
20:00-21:00	Yoga Ashtanga <small>fino alle 21:15 (75min)*</small>		Yoga Ashtanga <small>fino alle 21:15 (75min)*</small>			