



orario stagione corsi 2011-12

| LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' |
|--------------------------------------|--------------------------------------|-------------------------------|--------------------------------------|--------------------------------------|
| | | Pilates DEA 3 9.30-10.15 | Ginn. benessere 9.30-10.15 | Pilates DEA 3 9.30-10.15 |
| Pilates DEA 1 10.30-11.15 | Lezioni Individuali 10.00 - 12.00 | Pilates DEA 1 10.00-10.45 | Yoga 10.30-11.45 | Lezioni Individuali 10.00 - 12.00 |
| Lezioni Individuali 10.00 - 12.00 | Yoga 10.30-11.45 | | | |
| | | | | |
| Pilates DEA 3 13.00 -13.45 | Yoga 13.00-14.15 | Pilates DEA 3 13.00 -13.45 | Pilates DEA 1 13.00-13.45 | Yoga 13.00-14.15 |
| Pilates DEA 1 13.00-13.45 | Lezioni Individuali 12.45 - 14.15 | | Lezioni Individuali 12.45 - 14.15 | |
| | | | | |
| Pilates DEA 2 18.45-19.30 | Lezioni Individuali 18.00 - 20.00 | Yoga 18.00-19.15 | Pilates DEA 2 18.45-19.29 | |
| Pilates DEA 1 19.30-20.15 | Pilates DEA 1 19.00-19.45 | Tai chi 19.45-20.44 | Pilates DEA 1 20.15-21.01 | |
| Pilates DEA 1 20.15-21.01 | Pilates DEA 3 20.15-21.01 | Yoga 20.00-21.15 | Pilates DEA 3 20.15-21.00 | Pilates DEA 2 19.15 -20.00 |
| Krav Maga 20.15 - 21.45 | Yoga 20.30-22.00 | | Yoga 21.00-22.14 | |