














WORKOUT

CONSCIOUS AREA

LUNEDÌ	07:45 - 08:15 DEEP STRETCH  	10:00 - 10:50 PILATES VIRTUAL  	11:00 - 11:50 STRETCHING  	13:00 - 13:50 PILATES  	17:00 - 17:50 PILATES VIRTUAL  	18:30 - 19:25 PILATES  	19:30 - 20:20 PILOGA  	20:30 - 21:10 PILATES VIRTUAL 	
MARTEDÌ	07:30 - 08:20 PILATES  	11:00 - 11:50 PILATES VIRTUAL  	13:00 - 13:55 PRIME HATA YOGA 	16:00 - 16:50 PILATES VIRTUAL 	18:30 - 19:25 BALANCE & STRETCH  	19:30 - 20:20 PILATES 	20:30 - 21:10 PILATES VIRTUAL 		
MERCOLEDÌ	07:45 - 08:15 DEEP STRETCH  	10:00 - 10:50 PILATES VIRTUAL  	11:00 - 11:50 STRETCHING 	13:00 - 13:50 ABS & STRETCH  	16:00 - 16:50 PILATES VIRTUAL 	18:15 - 19:10 PRIME VINYASA YOGA  	19:15 - 20:10 PILATES  	20:10 - 21:00 PILATES ADVANCED  	21:10 - 21:50 PILATES VIRTUAL 
GIOVEDÌ	07:30 - 08:20 PILATES  	10:30 - 11:20 PILATES VIRTUAL  	13:00 - 13:55 PRIME HATA YOGA 	16:00 - 16:50 PILATES VIRTUAL 	18:15 - 19:10 PILATES  	19:15 - 20:10 STRETCHING 			
VENERDÌ	07:30 - 08:20 PILATES VIRTUAL 	10:30 - 11:20 PILATES VIRTUAL  	13:00 - 13:50 ABS & STRETCH  	18:00 - 18:55 STRETCHING DEI MERIDIANI NEW  	19:00 - 19:50 PILATES VIRTUAL 				
SABATO	10:30 - 11:20 PILATES VIRTUAL 	13:00 - 13:50 ABS & STRETCH  	17:00 - 17:55 PILATES VIRTUAL 						
DOMENICA	11:30 - 12:20 PILATES VIRTUAL 	13:00 - 13:50 STRETCHING  	16:00 - 16:55 PILATES VIRTUAL 						

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018

-  **CARDIO**
-  **TONICITA'**
-  **SNELLIMENTO**
-  **BENESSERE**