

TIMETABLE LEZIONI SETTIMANALI 2015/2016

LUNEDI'	09.00-10.15 10.30-12.00 18.30 - 20.00 20.15 - 21.45	PILATES BALABHYANGAM - il massaggio Ayurvedico del bambino TAI KI KUN YOGA
MARTEDI'	9.30 - 10.45 11.00 - 12.15 12.30 - 13.45 16.00 - 17.30 18.45 - 20.15 20.30 - 21.45	PILATES PILATES PILATES YOGA YOGA PILATES
MERCOLEDI'	10.00 - 11.30 13.30 - 15.00 16.00 - 17.30 18-15 - 19-30 19.45 - 21.00 21.15 -10.30	YOGA IN GRAVIDANZA YOGA YOGA POST-PARTO e YOGA MAMMA & BABY PILATES PILATES PILATES
GIOVEDI'	9.15 - 10.45 16.45 - 18.00 18.15 - 19.30 20.15 - 21.45	YOGA PILATES PILATES YOGA
VENERDI'	09.00 - 10.15 10.30 - 12.00 13.30 - 14.45 15.00 - 16.15 16.30 - 17.45 18.30 - 19.45 20.15 - 21.45	PILATES TAI KI KUN PILATES PILATES PILATES DANZA DEL VENTRE YOGA IN GRAVIDANZA
SABATO	8.30 - 9.45 10.00 - 11.30 12.30 - 13.45	PILATES TAI KI KUN per il Parkinson PILATES

