

CALENDARIO SALE 2023-24 MINICLASSI PILATES (SALA Reformer - SALA Chair/Mat)

Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato	
		7.20 - 8.20 AVANZATA	7.30 - 8.30 BASE			7.20 - 8.20 AVANZATA		7.30 - 8.30 BASE			
8.15 - 9.15 HOT YOGA		8.20 - 9.20 INTERMEDIA		8.15 - 9.15 HOT YOGA		8.20 - 9.20 INTERMEDIA			8.10 - 9.10 INTERMEDIA	8.00 - 9.00 BASE	
	9.30 - 10.30 POSTURALE	9.20 - 10.20 POSTURALE	9.00 - 10.00 POSTURALE			9.20 - 10.20 POSTURALE	9.30 - 10.30 POSTURALE	9.20 - 10.20 POSTURALE		9.00 - 10.00 BASE	
10.00 - 11.00 POSTURALE	10.30 - 11.30 POSTURALE	10.20 - 11.20 SENIOR		10.30 - 11.30 POSTURALE		10.20 - 11.20 SENIOR	10.30 - 11.30 POSTURALE	10.20 - 11.20 BASE		10.00 - 11.00 BASE	
11.00 - 12.00 BASE				11.30 - 12.30 BASE				11.20 - 12.20 POSTURALE			
	12.00 - 13.00 BASE						12.00 - 13.00 BASE				
13.10 - 14.10 BASE			13.00 - 14.00 INTERMEDIA	13.10 - 14.10 BASE		13.20 - 14.20 BASE	13.00 - 14.00 INTERMEDIA	13.10 - 14.10 BASE			
14.20 - 15.20 AVANZATA			14.20 - 15.20 POSTURALE		14.20 - 15.20 AVANZATA			14.20 - 15.20 AVANZATA			
	15.30 - 16.30 BASE	15.30 - 16.30 POSTURALE	16.00 - 17.00 BASE			15.00 - 16.00 POSTURALE	16.00 - 17.00 BASE				
		16.30 - 17.30 BASE	17.00 - 18.00 BASE			16.30 - 17.30 POSTURALE	17.00 - 18.00 BASE	16.30 - 17.30 POSTURALE			
17.45 - 18.45 BASE		17.30 - 18.30 BASE	18.00 - 19.00 BASE		17.15 - 18.15 BASE	17.30 - 18.30 BASE	18.00 - 19.00 BASE	17.30 - 18.30 BASE	17.30 - 18.30 BASE		
18.45 - 19.45 INTERMEDIA	18.00 - 19.00 BASE	18.30 - 19.30 BASE		18.00 - 19.00 BASE	18.15 - 19.15 INTERMEDIA	18.30 - 19.30 BASE	18.00 - 19.00 BASE	18.30 - 19.30 BASE	18.30 - 19.30 BASE		
	19.00 - 20.00 INTERMEDIA	19.30 - 20.30 BASE		19.00 - 20.00 INTERMEDIA		19.00 - 20.00 AVANZATA			19.30 - 20.30 BASE		
20.15 - 21.15 HOT YOGA						20.00 - 21.00 HOT YOGA					

LA GRANDE ONDA STUDIO PILATES & YOGA - Via Collodi 3 - CITTA DI CASTELLO (PG) - 371 1751807

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