



# WEEKLY SCHEDULE

| L                                                                                                                 | M                                                                                                                   | M                                                                                                                     | G                                                                                                                   | V                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>SKILL</b> <br>6.45           | <b>HATHA YOGA</b> <br>13.00       | <b>CONDI-TIONING</b> <br>6.45     | <b>PILATES</b> <br>13.00        | <b>HATHA YOGA</b> <br>9.30                   |
| <b>YOGA POSTURALE</b> <br>9.00 | <b>METCON (30 MIN)</b> <br>13.00 | <b>HATHA YOGA</b> <br>9.00       | <b>WOD (45 MIN)</b> <br>18.30  | <b>METCON (30 MIN)</b> <br>13.00            |
| <b>WOD (45 MIN)</b> <br>13.00  | <b>PUSH &amp; PULL</b> <br>18.30 | <b>METCON (30 MIN)</b> <br>13.00 | <b>BIOMECH. YOGA</b> <br>18.30 | <b>YIN YOGA</b> <br>18.30                   |
| <b>HIIT PILATES</b> <br>18.15  | <b>VINYASA YOGA</b> <br>18.30    | <b>PILATES</b> <br>18.30         | <b>ASTHANGA YOGA</b> <br>19.30 |                                                                                                                                  |
| <b>TOTAL BODY</b> <br>18.30    |                                                                                                                     | <b>SPINNING</b> <br>18.30        |                                                                                                                     |                                                                                                                                  |
| <b>PILATES</b> <br>18.45       |                                                                                                                     |                                                                                                                       |                                                                                                                     | <b>S</b><br><b>PREPUGILISTICA</b> <br>10.30 |



CARDIO - SALA PIANO + 1



TONIFICAZIONE - SALA PIANO + 1



OLISTICO - SALA PIANO - 1



COMBAT - SALA PIANO + 1