

# PILATES - POSTURAL PILATES

Stagione 2024-25

| LUNEDÌ                            | MARTEDÌ                           | MERCOLEDÌ                | GIOVEDÌ                           | VENERDÌ |
|-----------------------------------|-----------------------------------|--------------------------|-----------------------------------|---------|
| 9.30 - 10.30<br>PILATES           |                                   | 9.30 - 10.30<br>PILATES  |                                   |         |
| 11.30 - 12.30<br>PILATES          |                                   |                          | 11.30 - 12.30<br>PILATES          |         |
|                                   | 12.30 - 13.30<br>POSTURAL PILATES |                          | 12.30 - 13.30<br>POSTURAL PILATES |         |
| 13.30 - 14.30<br>PILATES          | 13.30 - 14.30<br>PILATES          | 13.30 - 14.30<br>PILATES | 13.30 - 14.30<br>PILATES          |         |
| 16.10 - 17.10<br>POSTURAL PILATES |                                   |                          | 16.10 - 17.10<br>POSTURAL PILATES |         |
|                                   | 17.15 - 18.15<br>PILATES          |                          | 17.15 - 18.15<br>PILATES          |         |
| 18.15 - 19.15<br>PILATES FOR MEN  |                                   | 18.15 - 19.15<br>PILATES | 18.15 - 19.15<br>PILATES          |         |
|                                   | 19.15 - 20.15<br>PILATES          |                          | 19.15 - 20.15<br>PILATES          |         |