



CORSI DI GRUPPO 2024-2025

	LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ		
	Istr.	orario	disciplina	Istr.	orario	disciplina	Istr.	orario	disciplina	Istr.	orario	disciplina	Istr.	orario	disciplina
6				Evy	6.45-7.45	VINYASA FLOW YOGA	Ale	6.45-7.30	FUNZIONALE	Cami	6.45-7.45	HATHA YOGA	Ale	6.45-7.30	FUNZIONALE
8				Evy	8.15-9.15	HATHA YOGA	SiL M	8.30-9.15	POSTURALE	Sere	8.30-9.15	FOCUS ON SPALLA	SiIM	8.15-9.15	POSTURAL YOGA THERAPY
9	Lau	9.00-9.45	PILATES MATWORK				SiIC	9.00-9.45	PILATES MATWORK						
				SiIC	9.30-10.15	POSTURALE MIOFASCIALE	SiIM	9.30-10.15	B.I.T. BALLA IN TERZA	Sere	9.30-10.15	POSTURALE	Roby	9.30-10.15	B.I.T. BALLA IN TERZA
10	Lau	10.00-10.45	TRX	SiIM	10.30-11.30	PREPARTO*				Sere	10.30-11.15	FOCUS ON OSTEOPOROSI			
10				SiIC	10.30-11.15	POST PARTO*							Manu	10.30-11.15	POST PARTO*
12				SiIC	12.15-13.15	VINYASA FLOW YOGA	Ale	12.30-13.15	TRX	Cami	12.15-13.15	VINYASA FLOW YOGA			
	Lau	12.30-13.15	PILATES MATWORK							Fede	12.30-13.15	PILATES MATWORK			
13													SiIC	13.35-14.35	VINYASA FLOW YOGA
14	Dav	14.15-15.00	CALISTENICO	SiIC	14.20-15.05	FOCUS ON IPOPRESSIVA	Lau	14.15-15.00	FUNZIONALE MIOFASCIALE						
	Fede	14.15-15.00	PILATES MATWORK												
16	SiIM	16.00-17.00	POSTURAL YOGA THERAPY												
17	SiIC	17.00-17.45	PILATES MATWORK	Evy	17.00-18.00	VINYASA FLOW YOGA	Cami	17.00-18.00	HATHA YOGA	SiIM	17.00-17.45	FLEXABILITY	Sere	17.00-17.45	TRX
	SiIM	17.15-18.15	PREPARTO*	Ale	17.00-17.45	FOCUS ON GINOCCHIO	Sere	17.30-18.15	POSTURALE	Manu	17.15-18.15	PREPARTO*			
18	SiIC	18.00-19.00	HATHA YOGA	Roby	18.15-19.15	VINYASA FLOW YOGA	SiIC	18.15-19.15	VINYASA FLOW YOGA	Roby	18.00-19.00	HATHA YOGA			
	Ale	18.30-19.15	FUNZIONALE	Evy	18.30-19.15	PILATES MATWORK	Sere	18.30-19.15	FUNZIONALE	Lau	18.30-19.15	PILATES MATWORK	Fede	18.30-19.15	PILATES MATWORK
19	SiIC	19.15-20.15	VINYASA FLOW YOGA	Roby	19.30-20.15	FLEXABILITY	Cami	19.30-20.30	VINYASA FLOW YOGA	SiIM	19.15-20.15	VINYASA FLOW YOGA			
	SiIM	19.30-20.30	POSTURAL YOGA THERAPY	Lau	19.30-20.15	FUNZIONALE MIOFASCIALE	SiIC	19.30-20.15	PILATES MATWORK	Dav	19.30-20.15	CALISTENICO	Fede	19.30-20.15	PILATES MATWORK
20	SiIC	20.30-21.30	HATHA YOGA	Evy	20.30-21.30	HATHA YOGA				Roby	20.30-21.30	HATHA YOGA			