

ORARIO DEI CORSI 2018 - 2019

SALA 1

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9.00 - 10.15 PILATES REFORMER Kano	9.00 - 10.30 YOGA Barbara C.		9.15 - 10.45 YOGA Barbara C.	9.00 - 10.15 PILATES REFORMER Kano	
10.30 - 11.45 PILATES REFORMER Kano	10.45 - 12.00 BALABHYANGAM Massaggio Ayurv.del Bimbo Barbara C. *** 10.45 - 11.30 GIOCA YOGA MAMME e BIMBI 1-3 anni Chiara	10.00 - 11.30 YOGA GRAVIDANZA Barbara C.	11.00 -12.15 YOGA MAMA & BABY 0-1 anno Barbara C.	10.30 - 11.45 PILATES MATWORK Kano	10.15 - 11.45 TAI KI KUNG Parkinson Alexis
12.30 - 13.45 PILATES REFORMER Kano				12.00 - 13.15 PILATES REFORMER Kano	12.00 - 13.15 PILATES REFORMER Kano
14.00 - 15.15 PILATES REFORMER Annamaria	14.45 - 15.45 YOGA ADOLESCENTI Chiara			13.30 - 14.45 PILATES REFORMER Annamaria	13.30 - 14.45 PILATES REFORMER Kano
15.30 - 16.45 PILATES REFORMER Annamaria	16.00 - 17.30 YOGA Barbara C.	16.30 - 17.30 YOGA BIMBI 5-10 anni Chiara	16.45 - 18.00 PILATES REFORMER Annamaria	15.00 - 16.15 PILATES REFORMER Annamaria	APPROFONDIMENTI INCONTRI A TEMA WORKSHOP SEMINARI
17.00 - 18.15 PILATES REFORMER MATWORK Annamaria Kano				16.30 - 17.45 PILATES REFORMER Annamaria	
18.30 - 19.45 PILATES REFORMER MATWORK Lucia Kano	18.30 - 20.00 YOGA Barbara P.	18.15 - 19.30 PILATES REFORMER MATWORK Kano Elisa	18.15 - 19.30 10.15 PILATES REFORMER Annamaria	18.00 - 19.15 PILATES REFORMER MATWORK Lucia Kano	
20.15 - 21.45 YOGA VINYASA Francesco	20.30 - 21.45 PILATES REFORMER Kano	19.45 - 21.00 PILATES REFORMER MATWORK Lucia Kano	20.15 - 21.45 YOGA Barbara C.	19.30 - 20.45 PILATES REFORMER MATWORK Lucia Kano	
		21.15 - 22.30 10.15 PILATES REFORMER Lucia			