Studio Life

Lunedì

Hatha yoga	18:30 - 19:30

Martedì

Personal trainer	08:00 - 16:00
Puppies dance	16:15 - 17:00
Hip Hop BASIC	17:15 - 18:15
Hip Hop TEEN	18:30 - 19:30
Hatha yoga	20:30 - 21:30

Mercoledì

Yng yoga	09:00 - 10:00
Ginnastica dolce	10:30 - 11:20
WBS	17:00 - 18:00
Ginnastica posturale	18:30 - 19:20
Pilates revolution	19:30 - 20:20

Giovedì

WBS	09:30 - 10:30
Personal trainer	11:00 - 17:00
Hip Hop BASIC	17:15 - 18:15

Hip Hop TEEN	18:30 - 19:30

Venerdì

Yng yoga	09:00 - 10:00
Potural Yoga	18:00 - 19:00
Potural Yoga	19:15 - 20:15

Sabato

Personal trainer	08:00 - 12:00