

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