

PLANNING CORSI

*Scopri gli orari dei tuoi corsi preferiti
e prenota la tua lezione.*



royal
PILATES STUDIO

SALA 1



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
09:30 AERIAL YOGA	09:30 TRX	09:30 AERIAL YOGA	09:30 TRX	09:30 YOGA POSTURALE
11:00 TRX/P	11:00 BUNGEE FLY	10:45 YOGA POSTURALE	11:00 BUNGEE FLY	11:00 TRX/P
12:10 BUNGEE FLY	12:00 BUNGEE FLY	12:00 BUNGEE FLY	12:00 BUNGEE FLY	12:00 BUNGEE FLY
13:15 BUNGEE FLY	15:45 HIP HOP	13:15 BUNGEE FLY	15:45 HIP HOP	13:15 BUNGEE FLY
15:30 CERCHIO B	16:45 TRX/P	15:30 CERCHIO B	16:45 TRX/P	16:30 TRX/P
16:30 CERCHIO	17:50 GAG	16:30 CERCHIO	17:50 GAG	17:30 GAG
17:30 GAG	18:50 BUNGEE FLY	17:30 GAG	18:50 BUNGEE FLY	18:30 CERCHIO
18:45 BUNGEE FLY	19:50 BUNGEE FLY	18:30 CERCHIO	19:50 BUNGEE FLY	19:30 CERCHIO
19:45 BUNGEE FLY	20:50 BUNGEE FLY	19:30 CERCHIO	20:50 BUNGEE FLY	20:30 CERCHIO
20:45 BUNGEE FLY		20:30 CERCHIO		
21:50 HEELS		21:50 HEELS		

SALA 2



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09:00 PILATES	09:00 PILATES	09:00 PILATES	09:00 PILATES	09:00 PILATES	16:00 POLE DANCE (I)
10:15 GAG	11:00 FIT BOXE	10:15 GAG	11:00 FITBOXE	10:15 GAG	17:30 POLE DANCE (P)
11:30 JUMP FITNESS	12:00 JUMP FITNESS	11:30 JUMP FITNESS	12:00 JUMP FITNESS	11:30 JUMP FITNESS	
15:15 KARATE	15:00 PILATES	15:15 KARATE	15:00 PILATES	16:30 SOCIALISSIMI	
16:30 SOCIALISSIMI	16:00 TESSUTO B	16:30 SOCIALISSIMI	16:00 TESSUTO B	17:30 SOCIALISSIMI	
17:30 SOCIALISSIMI	17:00 TESSUTO B	17:30 SOCIALISSIMI	17:00 TESSUTO B	18:30 COREOGRAFICI	
18:30 COREOGRAFICI	18:00 TESSUTO Y	18:30 COREOGRAFICI	18:00 TESSUTO Y	19:30 TESSUTO AEREO	
19:30 POLE DANCE (P)	19:00 TESSUTO AEREO	19:30 POLE DANCE (I)	19:00 TESSUTO AEREO	20:30 TESSUTO AEREO	
20:45 BOXE	20:00 TESSUTO AEREO	20:45 BOXE	20:45 BOXE		
	21:00 TESSUTO AEREO				

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PILATES STUDIO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
06:30 REFORMER	06:30 REFORMER	06:30 REFORMER	06:30 REFORMER	07:30 REFORMER	10:00 REFORMER
07:30 REFORMER	07:30 REFORMER	07:30 REFORMER	07:30 REFORMER	09:00 REFORMER	11:00 REFORMER
09:00 REFORMER	09:00 REFORMER	09:00 REFORMER	09:00 REFORMER	10:15 REFORMER	
10:15 REFORMER	10:00 REFROMER	10:15 REFORMER	10:00 REFORMER	11:15 GRAVIDANZA	
11:15 REFORMER	11:00 REFORMER	11:15 GRAVIDANZA	11:00 REFORMER	12:00 REFORMER	
12:30 REFORMER	12:00 REFORMER	12:00 REFORMER	12:00 REFORMER	13:00 REFORMER	
13:30 REFORMER	13:00 REFORMER	13:00 REFORMER	13:15 REFORMER	14:00 REFORMER	
14:30 REFORMER	14:00 REFORMER	14:00 REFORMER	14:15 REFORMER	15:00 REFORMER	
15:30 REFORMER	15:10 POSTURALE	15:00 REFORMER	15:10 POSTURALE	16:00 REFORMER	
16:30 REFORMER	16:10 REFORMER	16:00 REFORMER	16:10 REFORMER	17:00 REFORMER	
17:30 REFORMER	17:10 PILATES	17:00 REFORMER	17:10 PILATES	18:15 REFORMER	
19:00 REFORMER	18:10 PILATES	18:15 REFORMER	18:10 PILATES	19:15 REFORMER	
20:15 REFORMER	19:10 PILATES	19:15 REFORMER	19:10 PILATES	20:15 REFORMER	
21:15 REFORMER	20:15 REFORMER	20:15 REFORMER	20:15 REFORMER	21:15 REFORMER	
22:10 REFORMER	21:15 REFORMER	21:15 REFORMER	21:15 REFORMER	22:10 REFORMER	
	22:10 REFORMER	22:10 REFORMER	22:10 REFORMER		