

Lunedì			Martedì			Mercoledì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
8.30-9.30 Pilates Reformer Lara			8.30-9.30 Pilates Tower Silvana			8.30-9.30 Pilates Tower Lara		8.00-9.00 Nordic Walking Sabrina
9.30-10.30 Pilates Reformer Lara			9.30-10.30 Pilates Tower Chiara		9.00-10.00 Hatha Vinyasa Yoga Grazia	9.30-10.30 Pilates Tower Lara		9.30-10.30 Hatha Yoga Sabrina
10.30-11.30 Pilates Reformer Lara		10.30-11.30 Pancafit Group Grazia			10.30-11.30 Fascial Pilates Chiara			
			12.30-13.30 Pilates Tower Silvana					
13.30-14.30 Pilates Reformer Luciano			13.30-14.30 Pilates Tower Silvana		13.00-14.00 Hatha Yoga Sabrina	13.00-14.00 Pilates Tower Verena		
14.30-15.30 Pilates Reformer Luciano								14.00-15.00 Pancafit Group Denise
					16.30-17.30 Ginn.Posturale Teen Luciano			
17.30-18.30 Pilates Reformer Giovanna	17.30-18.30 Pilates Minigruppo Silvana		17.30-18.30 Pilates Reformer Luciano		17.30-18.30 Hatha Yoga Franca	17.30-18.30 Pilates Tower Silvana		16.30-17.15 Yoga Bambini 1 Elena
18.30-19.30 Pilates Reformer Giovanna	18.30-19.30 Pilates Minigruppo Silvana	18.30-19.30 Hatha Vinyasa Yoga Grazia	18.30-19.30 Pilates Reformer Manuela	18.15-19.15 Nordic Walking Sabrina	18.30-19.30 Ginn. Posturale Luciano	18.30-19.30 Pilates Tower Silvana		17.30-18.15 Yoga Bambini 2 Elena
19.30-20.30 Pilates Reformer Giovanna		19.30-20.30 Pilates Matwork Silvana	19.30-20.30 Pilates Reformer Luciano	19.30-20.30 Pilates Minigruppo Manuela	19.30-20.30 Overweight Training Sabrina	19.30-20.30 Pilates Tower Silvana		18.30-19.30 Vinyasa Yoga Elena
20.30-21.30 Pilates Reformer Giovanna								20.00-21.15 Iyengar Yoga Viktoriya

Giovedì			Venerdì		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
8.30-9.30 Pilates Reformer Silvana			8.30-9.30 Pilates Reformer Luciano		
9.30-10.30 Pilates Reformer Silvana			9.30-10.30 Pilates Reformer Luciano	9.30-10.30 Pilates Minigruppo Verena	9.30-10.30 Fascial Pilates Chiara
			10.30-11.30 Pilates Reformer Verena		10.30-11.30 Fascial Pilates Chiara
		11.30-12.30 Ginn. Dolce Aurora			
12.30-13.30 Pilates Reformer Silvana		12.30-13.30 Ginn. Posturale Aurora			12.00-13.15 Iyengar Yoga Viktoriya
13.30-14.30 Pilates Reformer Silvana			13.00-14.00 Pilates Reformer Verena		
			14.00-15.00 Pilates Reformer Verena		
		16.30-17.30 Pilates Gravidanza Verena			
17.30-18.30 Pilates Reformer Verena		17.30-18.30 Yoga Posturale Grazia	17.30-18.30 Pilates Reformer Luciano		
18.30-19.30 Pilates Reformer Verena	18.30-19.30 Pilates Minigruppo Manuela	18.30-19.30 Yoga Posturale Grazia	18.30-19.30 Pilates Reformer Luciano		
19.30-20.30 Pilates Reformer Manuela	19.30-20.30 Pilates Minigruppo Verena		19.30-20.30 Pilates Reformer Luciano		
20.30-21.30 Pilates Reformer Manuela					

Presso il nostro centro è possibile prenotare su appuntamento:

- Personal Training
- Pilates Personal
- Pilates in coppia
- Analisi Posturale
- Riequilibrio Posturale Metodo Raggi®
- Fisioterapia
- Osteopatia

Lezioni individuali e corsi di yoga e pilates anche online

in orario di segreteria  
045 4597655

oppure mandare mail a  
[info@dheacentroposturale.it](mailto:info@dheacentroposturale.it)

whatsapp o sms  
351 2324421