

AMATI STUDIO ASD - ORARI LEZIONI 2023 2024

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	SABATO
SALA A	SALA B	SALA A	SALA B	SALA A	SALA B	SALA A	SALA B	SALA A	SALA A
		6.20 ASHTANGA YOGA (GUID / MYS) MICHELA (sala+zoom)				6.20 ASHTANGA YOGA (GUID / MYS) MICHELA (sala+zoom)			8.15 CIRCUITI PER LA FORZA MICHELA (sala+ zoom)
8.15 PILATES GIULIA (sala+zoom)		8.15 PILATES MICHELA (sala)				8.15 PILATES MICHELA (sala+zoom)		8,45 VINYASA FLOW ALESSIA (sala+zoom)	LEZIONI SPECIALI PERIODICHE
9.30 PILATES GIULIA (sala)	9.30 YOGA SULLA SEDIA SERENELLA (sala)			9,30 PANCAFIT SERENELLA (sala)		9.30 PILATES ALESSIA (sala)			
12.55 PILATES GIULIA (sala)	12,55 POWER YOGA MICHELA sala+zoom)					12.55 PILATES SERENELLA (sala)	12,55 YOGA BIOMECC MICHELA (sala+zoom)		
							16.00 GINN GRAVIDANZA SILVIA (sala)		
17.15 PILATES SERENA (sala+zoom)		17.00 POSTURALE ADULTI SILVIA (sala)				17.15 PILATES GIULIA (sala+zoom)	17.00 POSTURALE ADULTI SILVIA (sala)		
18.30 PILATES SERENA (sala)	18.30 POWER YOGA MICHELA (sala+zoom)	18.00 POSTURALE ADULTI SILVIA (sala)	17.45 PILATES ALESSIA (sala)	18.00 PILATES ALESSIA (sala+zoom)		18.30 PILATES GIULIA (sala)	18.30 VINYASA FLOW MICHELA (sala+zoom)	18.30 PILATES SERENA (sala)	
19.40 STRETCH / FORZA. MICHELA (sala+zoom)	19.40 PILATES SERENA (sala)	19.10 YOGA BIOMECC MICHELA (sala+zoom)	19.00 VINYASA FLOW ALESSIA (sala)	19,10 POWER YOGA INTRO ALESSIA (sala+zoom)	18.45 HOT YOGA THERAPY MICHELA (sala)	19.40 POWER YOGA MICHELA (sala+zoom)	19.40 PILATES GIULIA (sala)	18.30 LEZIONI SPECIALI PERIODICHE	
			20.15 PANCAFIT SERENELLA (sala)						