

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------|
| | | | | | 10:20-11:20 Pilates with Props Giuglia |
| | | | | 12:30-13:30 Rocket Yoga level ½ Orsi | 11:30-12:30 Total Barre Pilates Giuglia |
| 17:45-18:45 Pilates & Functional Orsi | 18:00-19:00 Pilates with Props Orsi | | 18:00-19:00 Pilates with Props Ildiko | 17:45-13:30 Pilates & Functional Orsi | |
| 19:00-20:30 Rocket Yoga level ½ Orsi | 19:15-20:15 Yoga Vinyasa Flow Orsi | 19:00-20:30 Flow & Restore level ½ Orsi | 19:15-20:15 Vinypilates Ildiko | | |