

**HARABENESSERE
MAX 20 PERSONE**

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9,00		PILATES MATWORK GIORGIA		PILATES MATWORK GIORGIA			
10,00		PANCAFIT POST. VALERIA C.		PANCAFIT POST. VALERIA C.			STRETCHING ROBERTO <u>10,30</u>
11,30						PILATES MATWORK GIORGIA	
13,30		PILATES MATWORK GIOVANNI	POWER YOGA MAURO	PILATES MATWORK GIOVANNI	POWER YOGA MAURO	PILATES MATWORK GIORGIA	
15,00		HATA YOGA ANNA			HATA YOGA ANNA	STRETCHING ROBERTO <u>15,30</u>	
17,00		PANCAFIT POST. GIOVANNI		PANCAFIT POST. GIOVANNI			
17,30	PILATES MATWORK BARBARA	PANCAFIT POST. GIOVANNI <u>17,45</u>	PILATES MATWORK DENIS	PANCAFIT POST. GIOVANNI <u>17,45</u>	PILATES MATWORK BARBARA		
18,30	PILATES MATWORK DENIS	PILATES MATWORK GIOVANNI	PILATES MATWORK BARBARA	PILATES MATWORK GIOVANNI	PILATES MATWORK DENIS		
19,30	POWER YOGA MARINA	PILATES MATWORK GIOVANNI	POWER YOGA MARINA	PILATES MATWORK GIOVANNI	POWER YOGA MARINA		

**per info e prenotazioni alle lezioni di pilates con gli attrezzi in gruppi da 5 persone max:
rivolgersi allo studiopilates, opp.cell.3496038520 - email:info@harabenessere.com**

**STUDIO PILATES
MAX 5 PERSONE**

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7,30			GIOVANNI	GIOVANNI			
13,30	GIOVANNI						
14,30		GIOVANNI	GIOVANNI				
18,30	BARBARA						