

Joy moves

STAR BENE IN MOVIMENTO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				07.30-08.30 POWER YOU MEDITATION* Meri Mura	
08.00-08.50 YOGA Gianluca	08.00-08.50 MAT PILATES Paolo		08.00-08.50 MAT PILATES Paolo		
09.00-09.50 BALANCE Gianluca			09.00-09.50 BALANCE Gianluca		
	11.00-11.50 ELDOA Roberta		11.00-11.50 GYROKINESIS Eleonora		11.00-11.50 SURPRISE CLASS
13.10-14.00 TONIFICAZIONE Manuela	13.10-14.00 PILATES ELDOA Paolo	13.10-14.00 TRX Roberta	13.10-14.00 YOGA WALL postural Roberta	13.10-14.00 MAT PILATES Paolo	
	18.00-18.50 BALANCE FLEX Gianluca	18.00-18.50 PROVE BUNGEE FLY Manuela	18.00-18.50 PILATES ELDOA Cristina	18.00-18.50 FIT WALL Paolo	
		18.30-19.20 ELDOA TONE Roberta			
19.00-19.50 ELDOA Roberta	19.00-19.50 MAT PILATES Gianluca	19.00-19.50 BUNGEE FLY Manuela	19.00-19.50 ELDOA Cristina		
		19.30-20.30 YOGA WALL Belinda	19.00-19.50 BODY FLYING Manuela		
20.00-20.50 FIT PILATES Paolo	20.00-20.50 BUNGEE FLY Manuela	20.00-20.50 FIT PILATES Paolo	20.00-20.50 PROVE BUNGEE FLY Manuela		
			20.15-21.15 TANGO Beginners* Daniela		
			21.15-22.15 TANGO Intermediate* Daniela		

* TANGO and MEDITATION classes are not included in the packages.

The classes TRX, TONE UP require shoes for internal use, all other classes non-slip socks.

Cancellations and reservations must be made within 24 hours from the start of the lessons. After this deadline they will be counted as executed.

Active classes with a minimum of two participants. The timetable might vary.