Joy moves

STAR BENE IN MOVIMENTO

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

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