



Lo Spazio di Silvia Salvagno

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Studio 1

CAVI

PILATES

YAMUNA

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
MATTINO	07:30 PILATES		07:30 PILATES	07:00 PILATES	07:30 PILATES
	08:45 PILATES	08:15 PILATES	08:45 PILATES	08:15 PILATES	08:45 PILATES
		09:30 PILATES		09:30 PILATES	
	10:00 PILATES	10:45 PILATES	10:00 PILATES	10:45 PILATES	10:00 PILATES
	11:15 PILATES		11:15 PILATES		11:15 PILATES
		12:00 YAMUNA			
PRANZO	13:15 PILATES	13:15 PILATES	13:15 PILATES	13:15 PILATES	13:15 PILATES
	14:30 CAVI		14:30 PILATES		14:30 PILATES
		15:30 PILATES		15:00 PILATES	
POM/SERA	16:15 PILATES	16:45 PILATES	16:45 PILATES	16:45 PILATES	
	18:00 PILATES	18:00 PILATES	18:00 CAVI	18:00 PILATES	18:00 CAVI
	19:15 PILATES	19:15 PILATES	19:15 CAVI	19:15 PILATES	19:15 CAVI



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Studio 2

CAVI

PILATES

YAMUNA

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
MATTINO				07:30 PILATES	
	08:00 PILATES		08:00 PILATES	08:45 PILATES	08:00 PILATES
	09:15 PILATES		09:15 PILATES		09:15 PILATES
	10:30 PILATES		10:30 PILATES	10:00 PILATES	
				11:15 PILATES	11:15 PILATES
	12:00 PILATES				
PRANZO	13:15 PILATES			13:15 PILATES	
	14:30 PILATES			14:30 PILATES	
POM/SERA	16:00 PILATES				
	17:00 PILATES	17:00 PILATES		17:00 PILATES	
	18:15 PILATES	18:15 PILATES	18:15 PILATES	18:15 PILATES	
	19:30 PILATES	19:30 PILATES	19:30 PILATES	19:30 PILATES	