

*"In 10 sedute ti sentirai meglio, in 20 migliorerai il tuo aspetto fisico, in 30 avrai un corpo nuovo"*  
**Joseh Pilates**

<b>Il Lunedì</b> 18.30 – 19.30 In aula	<b>Il Mercoledì</b> 18.30 - 19.30 In aula	<b>Il Mercoledì</b> 18.30 - 19.30 online
26-set-2022	28-set-2022	-----
03-ott-2022	05-ott-2022	05-ott-2022
10-ott-2022	12-ott-2022	12-ott-2022
17-ott-2022	19-ott-2022	19-ott-2022
24-ott-2022	26-ott-2022	26-ott-2022
31-ott-2022	02-nov-2022	02-nov-2022
07-nov-2022	09-nov-2022	09-nov-2022
14-nov-2022	16-nov-2022	16-nov-2022
21-nov-2022	23-nov-2022	23-nov-2022
28-nov-2022	30-nov-2022	30-nov-2022
05-dic-2022	07-dic-2022	07-dic-2022
12-dic-2022	14-dic-2022	14-dic-2022
19-dic-2022	21-dic-2022	21-dic-2022
Natale	Natale	Natale
09-gen-2023	11-gen-2023	11-gen-2023
16-gen-2023	18-gen-2023	18-gen-2023
23-gen-2023	25-gen-2023	25-gen-2023
30-gen-2023	01-feb-2023	01-feb-2023
06-feb-2023	08-feb-2023	08-feb-2023
13-feb-2023	15-feb-2023	15-feb-2023
20-feb-2023	22-feb-2023	22-feb-2023
27-feb-2023	01-mar-2023	01-mar-2023
06-mar-2023	08-mar-2023	08-mar-2023
13-mar-2023	15-mar-2023	15-mar-2023
20-mar-2023	22-mar-2023	22-mar-2023
27-mar-2023	29-mar-2023	29-mar-2023
03-apr-2023	05-apr-2023	05-apr-2023
Pasqua	Pasqua	Pasqua
	12-apr-2023	12-apr-2023
	19-apr-2023	19-apr-2023
	26-apr-2023	26-apr-2023
-----	03-mag-2023	03-mag-2023
08-mag-2023	10-mag-2023	10-mag-2023
15-mag-2023	17-mag-2023	17-mag-2023
22-mag-2023	24-mag-2023	24-mag-2023
29-mag-2023	31-mag-2023	31-mag-2023