

# Joy moves

STAR BENE IN MOVIMENTO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABATO
08.00-08.50 <b>YOGA</b> Gianluca	08.00-08.50 <b>PILATES METHOD</b> Paolo		08.00-08.50 <b>PILATES METHOD</b> Paolo		
09.00-09.50 <b>BALANCE</b> Gianluca				09.30-10.20 <b>Qi GONG</b> Laura	
	11.00-11.50 <b>ELDOA</b> Roberta		11.00-11.50 <b>PILATES METHOD</b> Paolo		11.00-11.50 <b>SURPRISE CLASS</b>
		12.00-12.50 <b>GYROKINESIS</b> Eleonora			12.00-13.00 <b>THAI MASSAGE</b> Piero
13.10-14.00 <b>BODY FLYING</b> Manuela	13.10-14.00 <b>FIT PILATES</b> Sabrina	13.10-14.00 <b>TRX</b> Roberta	13.10-14.00 <b>YOGA WALL postural</b> Roberta	13.10-14.00 <b>PILATES METHOD</b> Paolo	2° sabato del mese
			13.10-14.00 <b>BARRE</b> Sabrina		13.30-14.30 <b>THAI MASSAGE</b> Piero
					2° sabato del mese
					15.00-16.00 <b>THAI MASSAGE</b> Piero
					2° sabato del mese
		16.00-16.50 <b>BUNGEE FLY TEEN</b> Manuela			16.30-17.30 <b>THAI MASSAGE</b> Piero
		17.00-17.50 <b>BUNGEE FLY TEEN</b> Manuela			2° sabato del mese
	18.00-18.50 <b>BALANCE</b> Gianluca	18.00-18.50 <b>BODY FLYING</b> Manuela	18.00-18.50 <b>PILATES METHOD</b> Paolo	18.00-18.50 <b>BARRE</b> Sabrina	
19.00-19.50 <b>ELDOA</b> Roberta	19.00-19.50 <b>BUNGEE FLY</b> Manuela	18.30-19.20 <b>ELDOA TONE</b> Roberta			
19.30-20.20 <b>PILATES METHOD</b> Paolo	19.00-19.50 <b>PILATES METHOD</b> Gianluca	19.00-19.50 <b>BODY TONE</b> Sabrina	19.00-19.50 <b>ELDOA</b> Gianluca		
20.00-20.50 <b>ABS GLUTES LEGS</b> Sabrina	20.00-20.50 <b>BUNGEE FLY</b> Manuela	20.00-20.50 <b>FLOOR BARRE</b> Paolo	20.00-21.00 <b>YOGA WALL</b> Belinda		
			20.00-20.50 <b>BODY FLYING</b> Manuela		

All classes are included with the purchase of a lesson package, except: THAI MASSAGE

The classes TRX, TONE UP, ABDOMINAL GLUTEAL LEGS, 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.