

LUNEDÌ

PILATES WORKOUT

08:40 - 09:30

VINYASA YOGA FLOW

18:00 - 19:00

MARTEDÌ

PILATES WORKOUT

18:00 - 18:50

POSTURAL TRAINING

19:00 - 19:50

MERCOLEDÌ

HATHA YOGA

07:00 - 08:00

YOGA TRAINING

08:40 - 09:30

PILATES/YOGA

14:00 - 14:50

PILATES

15:00 - 15:50

HATHA YOGA FLOW

18:30 - 19:45

GIOVEDÌ

POSTURAL & MOBILITY

18:00 - 18:50

PILATES TRAINING

19:00 - 19:50

VENERDÌ

SABATO

STEP BY STEP

10:30 - 11:30



TWO FACES *ASD*
BODY & MIND HOLISTIC LAB
VIA BIANDRATE, 1G NOVARA
WWW.TWOFACESNOVARA.TK