



BAIA DEL SOLE

CHIC CALABRIA

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	LEVEL
9 AM	Meditation	PILATES PER IL BENESSERE neck and postural	Meditation	PILATES PER IL BENESSERE lower back and back pain	Meditation	Meditation		BEGINNERS E SENIOR
	Yoga	Total body fitball	Yoga	Total body Mini band	Yoga	Yoga		INTERMEDIATE
11 AM	Baby yoga		Baby yoga		Baby yoga			(3 to 7 years)
4 PM	Training for kids		Training for kids		Training for kids			(7 to 14 years)
	PILATES energy	Yoga	PILATES power and control	Yoga	PILATES Cardio		PILATES GAG	INTERMEDIATE ADVANCED
6 PM	Stretching	Meditation	Stretching	Meditation	Stretching		Stretching	SENIOR BEGINNERS