



ORARIO CLASSI

2025/26

LUN

13:00
FUS!ON
YOGA & PILATES

17:00
FUS!ON
YOGA & PILATES

18:00
PILATES
plus

19:00
**YOGA DIN
REVOLUTION**
~~SOLD OUT~~

20:10
**CIRCUIT
TRAINING**

MAR

09:30
**YOGA
SEMPLICE**

14:30
PILATES
plus

18:15
**POWER
YOGA**

19:30
FUS!ON
YOGA & PILATES

20:30
FUS!ON
YOGA & PILATES

MER

13:00
PILATES
plus

17:30
PILATES
plus

18:30
**CIRCUIT
TRAINING**
~~SOLD OUT~~

19:30
**CIRCUIT
TRAINING**

20:30
**PILATES
AEREO**

GIO

12:30
**POWER
YOGA**

18:15
PILATES
~~SOLD OUT~~

19:30
YOGABILITY
FLEX - STRENGTH - MOVE

20:30
**YOGA
DINAMICO**

VEN

08:30
**CIRCUIT
TRAINING**

09:30
POSTURALE

12:30
**CIRCUIT
TRAINING**

18:30
**YOGA DIN
REVOLUTION**

19:30
PILATES
plus

SAB

10.00
XCLASS

11:15
**YOGA
AEREO**



 **373 7160522**

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NEXTGYMSTUDIO.COM

