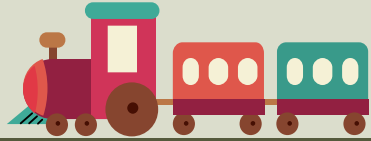


# Class Schedule

All sessions are in English or Italian



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Post-Natal Fitness</b>	10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45			
<b>Advanced Muscle Relaxation</b>	11:00-11:45 14:00-14:45	11:00-11:45 14:00-14:45	11:00-11:45 14:00-14:45	11:00-11:45 14:00-14:45	10:00-10:45 14:00-14:45		
<b>Private Sessions</b>	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-12:00	9:00-12:00
<b>Personal Training</b>	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-12:00	9:00-12:00
<b>Massage</b>	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-16:00	9:00-12:00	9:00-12:00



All fitness and massage sessions are upon appointments!

Tel. 015237776096

Please, wear a mask even if you are vaccinated, or recovered or with negative test. Thank you



Studio 47 is a baby friendly studio, there are no gym machines, only soft balls, light weights and elastic bands.