

Planning Corsi - BESANA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
YOGA 09:00 - 10:00		MIOFASCIALE 09:15 - 9:45	YOGA YIN 09:00 - 10:00	MIOFASCIALE 09:15 - 09:45	CARDIO PUMP 09:00 - 09:45
		PILATES 09:45 - 10:45		PILATES 09:45 - 10:45	CRUNCH & STRETCHING 09:45 - 10:30
		CARDIO TONE 10:45 - 11:30		CARDIO TONE 10:45 - 11:30	
PILATES 17:45 - 18:30		PILATES 17:45 - 18:30		PILATES 17:45 - 18:30	
CARDIO TONIC 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	GAG 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	TOTAL BODY 18:30 - 19:15	
PILATES 19:15 - 20:00	YOGA 19:30 - 20:30	STEP BASE 19:15 - 20:00	YOGA 19:30 - 20:30	PILATES 19:15 - 20:00	