

Planning Corsi - LENTATE

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
YOGA & STRETCHING 09:00 - 10:00	PILATES E POSTURALE 08:30 - 10:00		YOGA & STRETCHING 09:00 - 10:30		
	PILATES E POSTURALE 10:00 - 11:30				PILATES & POSTURALE 10:00 - 11:00
					TOTAL BODY 11:00 - 12:00
MILITARY TRAINING 13:00 - 14:00		MILITARY TRAINING 13:00 - 14:00		TONIFICAZIONE & STRETCHING 17:00 - 17:45	
ZUMBA 17:30 - 18:30	STRONG NATION 17:30 - 18:30	ZUMBA 17:30 - 18:30	STRONG NATION 18:00 - 19:00	GAG 17:45 - 18:30	
PILATES FIT 18:30 - 19:30	TOTAL BODY 18:30 - 19:30	CARDIO SCULPT 18:30 - 19:15	PILATES 19:00 - 19:45	TOTAL BODY 18:30 - 19:15	
PILATES FIT 19:30 - 20:30	PREPUGILISTICA 19:30 - 20:30	POWER SCULPT 19:20 - 20:05	PILATES 19:45 - 20:30	PREPUGILISTICA 19:15 - 20:00	