

PLANNING 2017

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
10,00 10,45	PILATES MATWORK	45	09,30 10,30	GINNASTICA ANTALGICA	60							09,30 10,30	GINNASTICA ANTALGICA	60			
10.45 11,30	MAMMAFIT	45							11.00 12.00	MAMMAFIT	60				10,00 12,00	TAI-CHI	120
12,30 13,15	TOTAL BODY	45	13,15 14,00	PILATES MATWORK	45	12,30 13,15	SPARTAN SYSTEM	60	13,15 14,00	PILATES MATWORK	45	13,15 14,15	YOGA	60	11,00 12,30	NORDIK WALKING	90
17,15 18,15	YOGA BIMBI 3-5 anni	60				13,15 14,15	YOGA	60									
18,30 19,15	TOTAL BODY	45	18,15 19,15	FUNCTIONAL TRAINING	60	17,15 18,15	YOGA BIMBI 6-12 anni	60				18,15 19,00	PILATES MATWORK	45			
			19,15 20,00	DANZA DEL VENTRE BASE	45	18,15 19,00	PILATES	45	19,00 20,00	FUNCTIONAL TRAINING	60	19,00 19,45	SPARTAN SYSTEM	45			
20,15 21,15	YOGA	60	20,00 21,30	DANZA DEL VENTRE INTERMEDIO	90	19,00 19,45	TOTAL BODY	45	20,00 20,45	PILATES MATWORK	45						



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