

PLANNING CORSI 2017/2018				
LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
	antalgica ore 9.30			antalgica ore 9.30
Mammafit ore 10.45			Mammafit ore 11.00	
	pilates mat ore 13.15	Yoga ore 13.15	pilates mat ore 13.15	
	Yoga ore 17.45	pilatesmat base 17.30	Yoga ore 18.15	
Total Body ore 18.30	Danza del ventre ore 19	pilates mat ore 18.15	Spartan system ore 19.15	pilates mat ore 18.15
Yoga ore 20.15		Total body ore 19.00	pilates mat ore 20.00	
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