

PLANNING CORSI

LUNEDI'

9:30
GINN. DOLCE

10:30
TOTAL BODY

12:00
POSTURALE

13:30
TABATA

13:30
MATWORK PILATES

14:30
CHEVEREDANCE

17:00
GYM MUSIC

17:50
TOTAL BODY

18:15
CIRCUIT TRAINING

18:40
POSTURALE

19:30
FITNESS STRONG

MARTEDI'

9:30
FIT&GO

10:00
BFT

11:30
MACUMBA FIT

13:30
TOTAL BODY

17:00
TONE UP

17:50
CHEVEREDANCE

17:50
YOGA

18:45
TOTAL BODY

MERCOLEDI'

9:30
GINN. DOLCE

10:30
TOTAL BODY

12:00
POSTURALE

13:30
TABATA

13:30
MATWORK PILATES

17:00
GYM MUSIC

17:50
TONE UP

18:15
FITNESS DANCE

18:40
POSTURALE

19:30
FITNESS STRONG

GIOVEDI'

9:30
FIT&GO

10:00
AKI PUMP

17:00
TONE UP

17:50
CHEVEREDANCE

17:50
YOGA

18:40
TOTAL BODY

VENERDI'

9:30
GINN. DOLCE

10:30
TOTAL BODY

12:00
POSTURALE

13:30
TABATA

14:30
CHEVEREDANCE

17:00
GYM MUSIC

17:50
TOTAL BODY

18:15
FIT DANCE & GAG

18:40
POSTURALE

19:30
FITNESS STRONG

SABATO

10:00
GYM MUSIC

11:30
PILATES