

LUNEDÌ

09,30-10,20
TOTALBODY

12,50-13,40
CIRCUIT TRAINING
Federica

18,00-18,50
TOTALBODY

19,10-20,00
TOTALBODY

20,10-21,00
PILATES

MARTEDÌ

09,30-10,20
PILATES

18,00-18,50
PILATES

19,10-20,00
TOTALBODY

20,10-21,00
SUPERJUMP

MERCOLEDÌ

08,30-9,15
STRETCHING

09,30-10,20
ZUMBA

12,50-13,40
STRONG PILATES
Federica

18,00-18,50
PILATES

19,10-20,00
PILATES

20,10-21,00
TOTALBODY

GIOVEDÌ

09-09,50
YOGA
Sara

18,00-18,50
YOGA
Sara

19,10-20,00
CIRCUIT TRAINING
Federica

20,10-21,00
PILATES
Federica

VENERDÌ

09-09,50
PILATES

19,00-19,50
SUPERJUMP

SABATO

10,30-11,20
TOTALBODY