

ORARIO CORSI COLLETTIVI



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.15	<u>TOTAL BODY</u>		<u>TOTAL BODY</u>		<u>TOTAL BODY</u>	
10.15	<u>PILATES</u>		<u>PILATES</u>			
11.30						<u>TONE UP</u>
13.15	<u>TOTAL G.A.G</u>		<u>CIRCUIT TRAINING</u>		<u>TOTAL BODY</u>	
17.00				<u>PILATES</u>		
18.00	<u>PILATES</u>	<u>YOGA</u>	<u>FUNCTIONAL</u>	<u>TOTAL BODY</u>		
19.00	<u>HIIT</u>	<u>CROSS FIT</u>	<u>ZUMBA</u>	<u>HIIT</u>	<u>CROSS FIT</u>	