

ORARIO #CorsiCountryFitness



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<u>9:15</u>	CIRCUIT TONE		CIRCUIT TONE		CIRCUIT TONE
<u>10:15</u>	PILATES MAT		PILATES MAT		
<u>13:15</u>		BODY PUMP		CIRCUIT TONE	PILATES MAT
<u>18:00</u>		YOGA		YOGA	
<u>19:00</u>	FITCROSS		HIIT	YOGA	FITCROSS