

ORARIO FITNESS 2017/2018

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
STRETCH& POSTURA ORE 9.30-10.30	PILATES ORE 9.30-10.30 (Alice)	YOGA DINAMICO ORE 10-11.30	PILATES ORE 9.30-10.30 (Alice)	YOGA DINAMICO ORE 10-11.30	STRETCH& POSTURA ORE 9-9.50
FLUIBALL ore 10.30-11					
	YOGA DINAMICO ORE 12.30-13.30	YOGA D. JUNIOR 14.45-15.45	YOGA DINAMICO ORE 12.30-13.30	YOGA D. JUNIOR 14.30-15.30	
	PILATES (Alice) ORE 18.20-19.10	INTERVAL TRAINING (Alice) ORE 19.10-20	STRETCH& POSTURA ORE 19- 19,50		
			Fluiball 19,50 - 20.20		
	YOGA DINAMICO ORE 20.45-22.15		YOGA DINAMICO ORE 20.30-22		