

### CASTEL GOFFREDO (IN SALA E ON LINE )

| LUNEDI'                                  | MARTEDI'                       | MERCOLEDI'                      | GIOVEDI'                  | VENERDI'                                 | SABATO                                      |
|--|--------------------------------|---------------------------------|---------------------------|--|---|
| 9-10 STRETCH&<br>POSTURA                 | 9.30-10.30 PILATES<br>(Silvia) |                                 |                           | 10-11.15<br>YOGA DINAMICO                | 9-10 STRETCH&<br>POSTURA                    |
|  |                                | 12.30-13.30<br>YOGA DINAMICO    |                           |  | 10.30-11.20<br>BODY TONIC<br>(solo on line) |
| 19-20 PILATES<br>(Alice)<br>solo on line | 18.45-19.35<br>BODY TONIC      | 19.15-20.15 PILATES<br>(Silvia) | 19-20 STRETCH&<br>POSTURA | 19-20 PILATES<br>(Alice)<br>solo on line |   |
|  | 20-21.15<br>YOGA DINAMICO      |                                 |                           |  |   |

### CASALOLDO (ALL'APERTO NO ON LINE)

| LUNEDI'                 | MARTEDI'                              | MERCOLEDI' | GIOVEDI'                  | VENERDI'                |
|-------------------------|---------------------------------------|------------|---------------------------|-------------------------|
|                         | 8.30-9.30<br>GYM DOLCE                |            |                           | 8.30-9.30<br>GYM DOLCE  |
| 19-20.30<br>KICK BOXING | <u>19-20 STRETCH&amp;<br/>POSTURA</u> |            | 19-20 PILATES<br>(Silvia) | 19-20.30<br>KICK BOXING |