



PLANNING CORSI SETTIMANALI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	09:30-10:15 GINNASTICA DOLCE		09:30-10:15 GINNASTICA DOLCE		
	10:30-11:15 STRETCH & TONE		10:30-11:15 STRETCH & TONE		
18:00-18:45 BODY BALANCE	18:00-18:45 INTERVAL TRAINING	18:30-19:15 DIFESA PERSONALE	18:00-18:45 PILATES		
19:00-19:45 FUNCTIONAL TRAINING			19:00-19:45 FIT BOXE		
			20:00-20:45 FUNCTIONAL TRAINING		