

	LUN	MAR	MER	GIO	VEN	SAB
9:30	PILATES			PILATES		
10:30	POSTURAL					YOGA (VINYASA)
12:00						
13:15		BRUCIA GRASSI			BRUCIA GRASSI	
17:30	POSTURAL		H.18:30 POSTURAL			
18:20	FUNCTIONAL TRAINING	MACUMBA FITNESS	ALL MY BODY	FUNCTIONAL TRAINING	PILATES	
19:10	ALL MY BODY	FITPUMP	YOGA (DINAMICO)	MACUMBA FITNESS	ALL MY BODY	
20:00	GLUTEO & ABDOMINAL	PILATES		FITMOVING		

POSTURAL

PILATES - YOGA DINAMICO

ALL MY BODY - GLUTEO & ABDOM - MACUMBA FITNESS

FUNCTIONAL - FITPUMP - FITMOVING - BRUCIA GRASSI

SALA KARATE (ABBONAMENTO A PARTE)

LUN - MAR - MER - GIO - VEN				
KARATE AVANZATI	KARATE BAMBINI		KARATE AVANZATI	KARATE BAMBINI
KARATE AVANZATI	KARATE AVANZATI		KARATE AVANZATI	KARATE AVANZATI
KARATE AVANZATI	KARATE PRINCIPIANTI		KARATE AVANZATI	KARATE PRINCIPIANTI

18:00

19:00

20:00