

CORSI PALESTRA STAGIONE

ORARIO INIZIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:15							
8:00	POSTURAL PILATES						
8:30							
8:45							
9:00	POSTURAL PILATES	PILATES	PANCAFIT	PILATES	PILATES		
9:30						PILATES	PILATES
9:45							
10:00	PILATES	PILATES	SPINEYOGA	PILATES	PILATES		
10:15							
10:30						ANTIGRAVITY YOGA	PILATES
11:00							
11:30						ANTIGRAVITY YOGA	
11:45							
12:45			PILATES		SPINEYOGA		
13:00	PILATES	PANCAFIT		PILATES			
14:15							
15:15							
16:00							
16:45							
17:00	PILATES			PILATES			
18:00	SPINEYOGA	PANCAFIT	PILATES	SPINEYOGA	PILATES		
19:00	PILATES	PILATES	ANTIGRAVITY YOGA	PILATES	PILATES		
19:45							
20:00	FUNCTIONAL TRAINING	PILATES	PILATES	FUNCTIONAL TRAINING	PILATES		
21:00	PANCAFIT	ANTIGRAVITY YOGA	ACROYOGA	PANCAFIT	ANTIGRAVITY YOGA		