

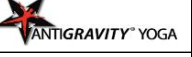








## PROGRAMMAZIONE CORSI PALESTRA STAGIONE 2014-2015

orario d'inizio	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09.30	POSTURAL TRAINING	PILATES	PANCAFIT	PANCAFIT	PILATES	PILATES	PILATES
10.30	PILATES		 ANTIGRAVITY™ YOGA	PILATES		 ANTIGRAVITY™ YOGA	PILATES
11.30	 ANTIGRAVITY™ YOGA		 ANTIGRAVITY™ YOGA	 ANTIGRAVITY™ YOGA		 ANTIGRAVITY™ YOGA	
13.00	PILATES	FUNCTIONAL TRAINING	 ANTIGRAVITY™ YOGA	PILATES	FUNCTIONAL TRAINING		
14.00							
14.30			YOUNG FUNCTIONAL				
15.00							
15.15			YOUNG FUNCTIONAL				
17.00	allenamento syncro						
18.00	PILATES	PANCAFIT	 ANTIGRAVITY™ YOGA	PILATES	PANCAFIT		
19.00	EASY-LINE	PILATES	 ANTIGRAVITY™ YOGA	EASY-LINE	PILATES		
20.00	EASY-LINE	PILATES	PILATES	EASY-LINE	PILATES		
21.00	PANCAFIT	 ANTIGRAVITY™ YOGA	PILATES	PANCAFIT	 ANTIGRAVITY™ YOGA		

YOUNG FUNCTIONAL

PER RAGAZZI DA 10 A 14 ANNI