



CORSI MUSICALI IN PALESTRA



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

TOTAL BODY
9:30 - 10:30

POSTURALE
9:15 - 10:00

YOGA DOLCE
9:30 - 10:30

**POSTURALE+
TECNICHE DI
RILASSAMENTO**
9:30 - 11:00

PILATES
9:30 - 10:30

**OSTEO
FITNESS**
9:30 - 10:30

PILATES
10:30 - 11:30

YOGA
10:00 - 11:00

POWER YOGA
10:30 - 11:30

**OSTEO
FITNESS**
10:30 - 11:30

HIIT
17:15 - 18:00

**CARDIO
TRAINING
MAMMA FIT**
17,15 - 18,00

HIIT
17:15 - 18:00

BODY PUMP
18:00 - 19:00

**DYNAMIC
PILATES**
18:00 - 19:00

POSTURALE
18:20 - 19:10

BODY PUMP
18:00 - 19:00

**DYNAMIC
PILATES**
18:00 - 19:00

POWER YOGA
19:00 - 20:00

**FUNCTIONAL
TRAINING**
19:00 - 20:00

**CROSS
TRAINING**
19:10 - 20:00

PILATES
19:00 - 20:00

YOGA
19:00 - 20:00