



051.541043

ASD - APS

REGIS

PALESTRA

ORARI

Dal Lunedì al Venerdì 9.30 - 22 Sabato 9.30 - 19 - Domenica 10 - 13

ORARI	LUN	MAR	MER	GIO	VEN	SAB
9.30 - 10.30	PILATES TONE		PILATES TONE		PILATES TONE	11-13 KETTLE
13 - 14	SPINNING		SPINNING		SPINNING	12-13 ZUMBA
13 - 14	KETTLE BELL	KETTLE BELL		KETTLE BELL		13-13 ZUMBA
15 - 17		BOXE		BOXE	BOXE	
17 - 18	BOXE	ZUMBA	BOXE	ZUMBA	ZUMBA	
18 - 19	TOTAL BODY	ZUMBA	CARDIO STEP	KETTLE BELL	ZUMBA	
19 - 20	GAG	PILATES TONE	CIRCUITO	PILATES TONE	SPINNING	
20 - 21	BOXE	SPINNING	BOXE	BOXE	BOXE	
21 - 22	BOXE		BOXE	QI GONG	BOXE	