

PLANNING CORSI dal 6/06 al 3/07



| | Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato |
|--------------|----------------|---------|---------------------|------------|---------------------|------------|
| 09:30 | BODY ACTIVE | PILATES | BODY TONE | | YOGA | |
| 10:30 | YOGA | | | | | AROTAZIONE |
| 12:45 | INDOOR CYCLING | | FIT&BOXE | | INDOOR CYCLING | |
| 15:00 | | | | | | |
| 18:00 | TRX | | | | | |
| 18:15 | | STEP | HIIT | | | |
| 18:15 | | | | FIT&BOXE | WALK UP | |
| 18:30 | | | | | | |
| 18:45 | GAG | | | | | |
| | INDOOR CYCLING | | | | | |
| 19:00 | | PUMP | INDOOR CYCLING | TOTAL BODY | FUNCTIONAL TRAINING | |
| 19:15 | | | FUNCTIONAL TRAINING | | | |
| 19:30 | FIT&BOXE | | | | | |
| 19:45 | INDOOR CYCLING | | | | | |
| 20:00 | | | | YOGA | | |