

Attività aerobiche COMPRESSE

<u>H</u>	<u>SALA</u>	<u>LUNEDÌ</u>	<u>MARTEDÌ</u>	<u>MERCOLEDÌ</u>	<u>GIOVEDÌ</u>	<u>VENERDÌ</u>
9:10	OLEANDRI		BODY ARMONY (P)		BODY ARMONY (P)	
10:30	TERMINIO		SPINNING (P)		SPINNING (P)	
	OLEANDRI	T.B.W (P)		T.B.W (P)		
14.00	OLEANDRI		PUMP (P)		PUMP (P)	
14.15	TERMINIO	SPINNING (P)		SPINNING (P)		SPINNING (P)
18.00	OLEANDRI	TOTAL BODY WORKOUT (P)		CIRCUIT TRAINING (P)		
18.30	MAGNOLIA	STRONG (P) 30 min.		STRONG (P) 30 min.		STRONG (P) 30 min.
	OLEANDRI		ADDOME SCULPT 30 min. (P)		ADDOME SCULPT 30 min. (P)	
19.00	OLEANDRI	PUMP (P)	PILATES (P)	PUMP (P)	PILATES (P)	PUMP (P)
	TERMINIO	SPINNING (P)	SPINNING (P)	SPINNING (P)	SPINNING (P)	SPINNING (P)
20:00	OLEANDRI		PUMP (P)		PUMP (P)	
	LATINA		FIT-BOXE (P)		FIT-BOXE (P)	