

H	SALA	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:10	OLEANDRI						PILATES MAT <i>dal 01/10</i>
10:00	LATINA		PILATES MAT		PILATES MAT		
10:15	TERMINIO		SPINNING <i>dal 1/10</i>		SPINNING <i>dal 1/10</i>		
14.15	TERMINIO	SPINNING		SPINNING		SPINNING	
18.00	OLEANDRI	TABATA <i>dal 1/10</i>		TABATA <i>dal 1/10</i>		STEP COREOGRAFICO <i>dal 1/10</i>	
	MAGNOLIA	YOGA <i>dal 1/10</i>		YOGA <i>dal 1/10</i>			
18.30	OLEANDRI		ADDOME SCULPT 30 min. <i>dal 1/10</i>			ADDOME SCULPT 30 min. <i>dal 1/10</i>	
	LATINA		PILATES MAT		PILATES MAT		
19.00	OLEANDRI	PUMP		PUMP		PUMP	
	TERMINIO	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
19.15	MAGNOLIA					BURLESQUE FITNESS <i>Dal 01/11</i>	
19:30	LATINA		PILATES MAT <i>dal 01/10</i>		PILATES MAT <i>dal 01/10</i>		
20:00	OLEANDRI	YOGA POSTURALE <i>Dal 01/10</i>		YOGA POSTURALE <i>Dal 01/10</i>			

