

CORSI STAGIONE 2023-2024



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Infoline: 075.856.578

LUN	MAR	MER	GIO	VEN
9.15-10.15 Ginnastica Posturale	10.00-10.50 Walking	9.15-10.15 Ginnastica Posturale	10.00-10.50 Walking	13.15-14.05 Functional
13.15-14.05 Walking	13.15-14.05 Functional	13.15-14.05 Walking	18.20-19.10 Walking	18.30-19.20 Functional
18.30-19.20 Pilates Matwork	18.20-19.10 Walking	18.30-19.20 Pilates Matwork	19.00-19.50 Spinning	19.30-21.00 Aikido
19.15-20.05 Ballo Fitness	19.15-20.15 Ginnastica Posturale	18.30-19.20 Functional	19.15-20.05 Ballo Fitness	
19.30-20.20 TBW	20.30-21.45 Aikido	19.30-20.20 TBW	19.15-20.15 Ginnastica Posturale	
19.15-20.05 Spinning		19.15-20.05 Spinning	20.30-21.20 Military Fitness	
20.30-21.20 Spinning		20.30-21.20 Spinning		
20.30-21.20 Military Fitness				



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