

PLANNING CORSI

LUNEDI'

9:00
Pilates Reformer

10:15
Fitball Tone

18:00
Pilates Reformer

19:15
Pilates Reformer

MARTEDI'

19:00
Spartan Training
Outdoor

MERCOLEDI'

10:00
Shape&Tone

18:00
Pilates Reformer

19:15
Pilates Reformer

20:00
Circuit Training
Outdoor

GIOVEDI'

9:00
Pilates Matwork

19:00
Circuit Training
Outdoor

VENERDI'

SABATO

11:00
Circuit Training
Outdoor

DOMENICA