

LUNEDÌ**SALA
SOUL****8.30
G.A.G.****9.20
POSTURAL
TRAINING****12.40
FUNC. TRAINING
METABOLICO****18.10
FUNCTIONAL
PILATES****19.00
ATHLETIC
G.A.G.****20.00
HATHA YOGA****MARTEDÌ****SALA
SOUL****8.20
TOTAL BODY****13.00
PILATES****17.00
ATTIVITA' MOTORIE CON
TECNICHE DI PSICOMOTRICITÀ
materna****18.30
FITWALKING
POWER****19.20
POSTURAL
PILATES****20.10
TOTAL BODY****21.05
PILATES IN VOLO****MERCOLEDÌ****SALA
SOUL****8.30
FITWALKING****9.20
FIT 50 +****12.30
*GINNASTICA
IPOPRESSIVA****13.15
CROSS CARDIO****19.00
FUNCTIONAL
TRAINING****19.50
FITWALKING
POWER****GIOVEDÌ****SALA
SOUL****8.20
TOTAL BODY
FUNZIONALE****9.20
PILATES****13.00
FITWALKING
POWER****15.45
DANZA CLASSICA
fino ai 6 anni e 1/2****16.45
DANZA CLASSICA
dai 7 anni****17.45
DANZA MODERNA
dagli 8 ai 13 anni****18.35
TOTAL BODY****19.25
PILATES****20.10
POSTURAL
TRAINING****21.00
HATHA YOGA****VENERDÌ****SALA
SOUL****8.30
FITWALKING****9.20
PILATES
CON LA SEDIA****13.00
PILATES****18.45
FUNCTIONAL
PUMP****19.35
FITWALKING
POWER**