

Health Studio - Cittadella

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

SALA REFORMER	SALA MAT	SALA REFORMER	SALA MAT	SALA REFORMER	SALA MAT	SALA REFORMER	SALA MAT	SALA REFORMER	SALA MAT	SALA REFORMER
8.30 - 9.15 REFORMER PER LA SCHIENA		7.30 - 8.15 PILATES REFORMER		7.30 - 8.15 PILATES REFORMER		8.30 - 9.15 PILATES REFORMER		7.30 - 8.15 PILATES REFORMER		9.00 - 9.45 PILATES REFORMER
10.00 - 10.45 PILATES REFORMER		10.30 - 11.15 PILATES REFORMER		8.30 - 9.15 REFORMER PER LA SCHIENA		9.30 - 10.15 REFORMER CIRCUIT		8.30 - 9.15 REFORMER CIRCUIT		10.00 - 10.45 REFORMER CIRCUIT
13.00 - 13.45 PILATES REFORMER		13.00 - 13.45 PILATES REFORMER		15.00 - 15.45 REFORMER PER LA SCHIENA		13.00 - 13.45 PILATES REFORMER		13.00 - 13.45 REFORMER CIRCUIT		
16.30 - 17.15 REFORMER TEEN		17.30 - 18.15 PILATES REFORMER	17.30 - 18.15 MOVIMENTO IN GRAVIDANZA	17.00 - 17.45 REFORMER LONGEVITY		17.30 - 18.15 PILATES REFORMER		17.30 - 18.15 REFORMER PER LA SCHIENA		
18.00 - 18.45 PILATES REFORMER		18.30 - 19.15 PILATES REFORMER		18.00 - 18.45 PILATES REFORMER		18.30 - 19.15 REFORMER PER LA SCHIENA		18.30 - 19.15 REFORMER PER LA SCHIENA		
19.00 - 19.45 PILATES REFORMER		19.30 - 20.15 REFORMER CIRCUIT		19.00 - 19.45 PILATES REFORMER		19.30 - 20.15 REFORMER IPOPRESSIVO		19.30 - 20.15 PILATES MAT		
20.00 - 20.45 PILATES REFORMER	19.45 - 20.25 GINNASTICA IPOPRESSIVA			20.00 - 20.45 PILATES REFORMER						

SOCIETÀ SPORTIVA DILETTANTISTICA

