









ORARIO FITNESS 2021-2022



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
mattino	mattino	mattino	mattino	mattino
9:00/10:00 Ginnastica posturale	9:30/10:45 Stretch Pilates	9:30/10:45 Hatha Yoga	9:00/10:00 Ginnastica posturale	9:30/10:45 Stretch Pilates  <i>Anche online</i>
	 10:45/11:45 Silver Dance			
pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo
12:30/13:30  Pilates ONLINE			12:30/13:30 Pilates	
13:30/14:30 Danza Classica Adulti				
sera	sera	sera	sera	sera
18:00/19:00 Stretch Pilates ONLY MEN			18:00/19:00 Pilates Base	
19:00/20:00  Pilates Int <i>Anche online</i>	19:00/20:00 Circuit Training	19:00/20:00 Danza Classica Adulti	19:00/20:00 Pilates Interm/Avanzato	19:00/20:00  Pilates ONLINE
20:00/21:15  Hatha Yoga <i>Anche online</i>	20:00/21:00 Stretch Tone	20:00/21:00 Danza Moderna Adulti	19:00/20:00 Fit Dance	19:00/20:00 Tip Tap Adulti