



ORARIO FITNESS 2018-2019



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
mattino	mattino	mattino	mattino	mattino
		8:00/9:00 Yoga Sunrise		
9:00/10:00 Ginnastica posturale	9:30/10:30 Stretch Pilates base	9:30/10:45 Hatha Yoga	9:00/10:00 Ginnastica posturale	9:30/10:30 Stretch Pilates base
			10:00/11:00 Ginnastica posturale base	
pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo
12:30/13:30 Pilates			12:30/13:30 Pilates	
13:30/14:30 Classico Adulti			13:30/14:30 Classico Adulti	
sera	sera	sera	sera	sera
18:00/19:00 Stretch Pilates ONLY MEN				
19:00/20:00 Pilates Intermedio	19:00/20:00 Circuit Training	19:00/20:00 Classico Adulti	19:00/20:00 Pilates Interm/Avanzato	19:00/20:00 Tip Tap Adulti
20:00/21:15 Hatha Yoga	19:00/20:00 STOTT Pilates	20:00/21:30 Jazz Adulti	20:00/21:00 Pilates Avanzato	19:00/20:00 Circuit Training
	20:00/21:00 Stretch Tone		20:30/21:30 Musical Adulti	