



ORARIO FITNESS 2020-2021



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
mattino	mattino	mattino	mattino	mattino
9:00/10:00 Ginnastica posturale	9:30/10:45 Stretch Pilates base	9:30/10:45 Hatha Yoga	9:00/10:00 Ginnastica posturale	9:30/10:45 Stretch Pilates base
pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo	pausa pranzo
12:30/13:30 Pilates			12:30/13:30 Pilates	12:30/13:45 Hatha Yoga
13:30/14:30 Danza Classica Adulti			13:30/14:30 Danza Classica Adulti	
sera	sera	sera	sera	sera
18:00/19:00 Stretch Pilates ONLY MEN		19:00/20:00 Danza Classica Adulti	18:00/19:00 Pilates	
19:00/20:00 Pilates Intermedio	19:00/20:00 Circuit Training	20:00/21:00 Tip Tap Adulti	19:00/20:00 Pilates Interm/Avanzato	18:45/19:45 Stott Pilates Base
20:00/21:15 Hatha Yoga	19:00/20:00 Stott Pilates	20:15/21:15 Pilates	19:00/20:00 Fit Dance	
	20:00/21:00 Stretch Tone	20:00/21:30 Musical Adulti	20:00/21:00 Pilates Avanzato	