

FITNESS PLANNING

LUNEDÌ

7:45 PILATES 4

8:30 STEP TONE 4

9:30 POWER PILATES 4

10:30

13:15 POWER PILATES 2

13:15 FUNZIONALE 4

13:15 SPINNING

14:30

17:00

17:30 WORK IT 4

18:30 BOXE 4

18:30 POWER PILATES 2

18:30 SPINNING

19:00 CROSS 3

19:30 POLE DANCE OPEN 2

19:30 ZUMBA 4

MARTEDÌ

YOGA 4

POSTURALE 4

YOGA 2

BOXE 4

BOXE 4

POLE DANCE LIVELLO 1 2

STEP TONE 4

PILATES 4

POLE DANCE LIVELLO BASE 2

SPINNING

CROSS 3

POLE DANCE OPEN 2

FUNZIONALE 4

MERCOLEDÌ

STEP TONE 4

POWER PILATES 4

POWER PILATES 2

FUNZIONALE 4

SPINNING

BOXE 4

POLE DANCE LIVELLO BASE 2

WORK IT 4

BOXE 4

POWER PILATES 2

SPINNING

CROSS 3

POLE DANCE OPEN 2

ZUMBA 4

GIOVEDÌ

YOGA 4

POSTURALE 4

YOGA 2

BOXE 4

BOXE 4

POLE DANCE LIVELLO BASE 2

STEP TONE 4

PILATES 4

POLE DANCE LIVELLO 1 2

SPINNING

CROSS 3

POLE DANCE OPEN 2

FUNZIONALE 4

VENERDÌ

STEP TONE 4

POWER PILATES 4

POWER PILATES 2

FUNZIONALE 4

SPINNING

BOXE 4

POLE DANCE LIVELLO BASE 2

WORK IT 4

BOXE 4

POWER PILATES 2

SPINNING

CROSS 3

POLE DANCE OPEN 2

ZUMBA 4

SABATO

11:00

FUNZIONALE 4

