






# ORARIO DEI CORSI



 LUNEDI'	 MARTEDI'	 MERCOLEDI'	 GIOVEDI'	 VENERDI'	 SABATO
	09.00 JUMP/ZUMBA		09.00 JUMP/ZUMBA		09.00 APERTURA
10.00 PILATES	10.00 GINNASTICA DOLCE	10.00 PILATES	10.00 GINNASTICA DOLCE	10.00 PILATES	10.00 PILATES
12.00 FUNCTIONAL TRAINING	14.00 FUNCTIONAL TRAINING	12.00 FUNCTIONAL TRAINING	14.00 FUNCTIONAL TRAINING	12.00 FUNCTIONAL TRAINING	
16.00 KARATE 1	16.00 GINNASTICA ARTISTICA 1	16.00 KARATE 1	16.00 GINNASTICA ARTISTICA 1	16.00 KARATE 1	
17.00 KARATE 2	17,30 GINNASTICA ARTISTICA 2	17.00 KARATE 2	17,30 GINNASTICA ARTISTICA 2	17.00 KARATE 2	
18.00 PILATES	18.00 TRX	18.00 PILATES	18.00 Calisthenics	18.00 PILATES	18.00 CHIUSURA
19.00 JUMP/ZUMBA	19.00 PILATES	19.00 JUMP/ZUMBA	19.00 PILATES	19.00 JUMP/ZUMBA	
20.00 PILATES	20.00 YOGA	20.00 PILATES	20.00 YOGA	20.00 PILATES	
20.00 KICK BOXING		20.00 KICK BOXING		20.00 KICK BOXING	