



PALINSESTO LEZIONI



LUN 	 13:00	CROSS CARDIO
	 18:30	ASHTANGA YOGA
MAR 	 10:00	POSTURALE
	 13:00	POWER YOGA
	 18:00	PILATES
	 19:00	CROSS CARDIO
MER 	 13:00	HIIT
	 18:00	FIT BOXE
	 19:00	HIIT
GIO 	 13:00	POWER BOOTY
	 18:00	BODY SCULPT
	 19:00	CROSS CARDIO
VEN 	 10:00	PILATES
	 13:00	FIT GIRL
	 18:00	TONIFICAZIONE
	 19:00	HATHA YOGA
SAB	 10:00	HIIT

FORZA. POSTURA. ARMONIA.

