

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

9:00 – 10:00
MANTENIMENTO

12:30 – 13:30
PILATES

9:00 – 10:00
MANTENIMENTO

19:00 – 20:00
ZUMBA

19:30 – 20:30
TOTAL BODY

18:45 – 19:45
TOTAL BODY

19:00 – 20:30
AIKIDO

20:00 – 21:00
KICK BOXING

21:00 – 22:30
AIKIDO

20:00 – 21:00
KICK BOXING

20:30 – 21:30
PILATES

Lezioni da 60 minuti