


# Palinsesto

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00	A.F.A.	A.F.A.		A.F.A.	A.F.A.	
9:30						
10:00	A.F.A.	A.F.A.		A.F.A.	A.F.A.	
10:30			PILATES			
11:00	A.F.A.			A.F.A.		PILATES
11:30						
12:00						
12:30						
13:00						
13:30	POSTURAL FIT	CIRCUIT TRAINING		GAG	PILATES	
14:00						
14:30						
15:00						
15:30						
16:00		CORPO LIBERO SOFT			CORPO LIBERO SOFT	
16:30						
17:00	CORPO LIBERO	CORE TRAINING		POSTURAL BALANCE	CIRCUIT TRAINING	
17:30						
18:00	TOTAL BODY	GAG	BODY SCULPT	PILATES	PILATES	
18:30						
19:00	BODY SCULPT	YOGALATES	CIRCUIT TRAINING	CORE TRAINING	GAG+	
19:30						
20:00	PILATES	BAGUA	FIT BOXE	BAGUA		
20:30		<i>Kung-fu cinese</i>		<i>Kung-fu cinese</i>		
21:00	WING TSUN		WING TSUN			
21:30	<i>difesa personale</i>		<i>difesa personale</i>			