

PROGRAMMA DELLE ATTIVITA

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07:00 - 07:30		Risveglio Muscolare		Yoga			
07:30 - 08:00							
08:00 - 08:30							
08:30 - 09:00							
09:00 - 09:30							
09:30 - 10:00							
10:00 - 10:30	Pilates		Functional Beginner				
10:30 - 11:00						Yoga	
11:00 - 11:30							
11:30 - 12:00						Functional Beginner	
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30	Functional Advanced		Functional Advanced		Functional Advanced		
13:30 - 14:00							
14:00 - 14:30							
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00							
18:00 - 18:30		Pilates		Pilates			
18:30 - 19:00	Functional Beginner	Functional Beginner	Kettlebell	Functional Beginner	Functional Beginner		
19:00 - 19:30							
19:30 - 20:00	Functional Advanced		Functional Advanced		Functional Advanced		
20:00 - 20:30		Yoga					
20:30 - 21:00							