

ORARI VALIDI DA LUNEDI' 21 GENNAIO 2019

## ORARI FITNESS STAG. 2018 - 2019

Lunedì	martedì	mercoledì	giovedì	venerdì	sabato
					12,15-13,00
13,00-13,45 H20gym SUSANNA	11,30 – 12,15 H20gym PAOLO	13,00-13,45 H20gym MARTINA	13,00-13,45 H20gym SUSANNA		H20gym LUISA
	19,45-20,30 H20gym BASSA PAOLO	19,50-20,35 H20gym MARTINA	19,45-20,30 H20gym SHARON		
	10,30 – 11,15 GINNASTICA DOLCE PAOLO				
	13,00-13,45 PILATES LUISA		13,00-13,45 TOTAL BODY PAOLO	13,00-13,45 TONE UP MASSIMO	
18,05-18,45 PILATES POSTURAL YOGA PAOLO			18,05-18,45 BODY CONDITIONAL SHARON	18,05-18,55 CIRCUIT TRAINING PAOLO	
19,00-19,45 CIRCUIT TRAINING PAOLO			19,00-19,45 POWER GYM MASSIMO	19,00-19,45 GAG PAOLO	
20,10-20,55 PILATES POWER YOGA PAOLO					

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