

Corsi a rotazione pausa natalizia

SABATO 5 - MATTEO P.

Pom.	16.00 Functional Traininig - 16.45 Coreo Step
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DOMENICA 13 - ANDREA

Mattino	10:00 Total Body - 10:45 Coreo Step
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SABATO 19 - SILVIA

Pom.	16:00 Core Training - 16.45 Tone Active
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LUNEDI' 28 - LAURA e KATIE

Mattino	10:00 Total Body - 10:45 Stretching
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Sera	18:30 Crunch Time - 19:00 G.A.G
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MARTEDI' 29 SARA

Sera	18:15 Tone Active - 19:00 Flowing Pilates
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MERCOLEDI' - 30 ANDREA e LAURA

Mattino	10:00 Body Flow - 10.45 Step & Tone
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Sera	18:30 Crunch Time - 19:00 Worn Out in 60''
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LUNEDI' 4 - LAURA e KATIE

Mattino	10:00 Total Body - 10:45 Stretching
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Sera	18:30 Crunch Time - 19:00 G.A.G
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MARTEDI' 5 - ELISA e SARA

Mattino	10:00 Soft Tone - 10.45 G.A.G.
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Sera	18:15 Tone Active - 19:00 Flowing Pilates
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