

# P I A N O C O R S I

VALIDO DAL 10/06 AL 31/07/2016

L U N M A R M E R G I O V E N S A B D O M

**M**

MATTINA

9:30/10:15  
**TOTAL BODY**

10:00/10:45  
**BODY FLOW**

10:15/11:00  
**PILATES**

10:45/11:30  
**G.A.G.**

**PP**

PAUSA PRANZO

12:45/13:30  
**TONE ACTIVE**

12:45/13:30  
**INTERVAL TRAINING**

**P**

POMERIGGIO

18:30/19:00  
**CRUNCH TIME**

19:00/19:45  
**CORE TRAINING**

19:00 /19:45  
**DMW WORKOUT**

**S**

SERA

19:00 /19:45  
**WORN OUT IN 60"**

19:45/20:30  
**FUNCTIONAL TRAINING**



VIA CORTINA D'AMPEZZO 737 / CASTIGLIONE OLONA (VA)