

N.B. I CORSI POTREBBERO SUBIRE VARIAZIONI

.OLUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
TOTAL TONE 14,00-15,00	SUPER JUMP 14,00-15,00	TONIFICAZIONE 14,00-15,00	SUPER JUMP 14,00-14,50	ESTETIC TONE 14,00-15,00
GAGS 16,30-17,30		SUPER JUMP 16,30-17,30		CIRCUIT TONE 16,30-17,30
		FIT BALL 17,30-18,15		
PILATES 18,00-18,45	P. PUMP TEAM 18,15-19,00	CORE STABILITY + TOTAL BODY 18,15-19,30	SUPER JUMP 18,15-19,00	ZUMBA 18,30 - 19,15
ATHLETIC TONE 18,45-19,30	ZUMBA 19,00-19,45		FIT BOXE 19,00-20,00	PILATES TOYS 19,15-20,00
FIT BOXE 19,30-20,15	SUPER JUMP 19,45-20,45	STEP TEAM 19,30-20,30	YOGA 20,00-20,50	P.H.A. 20,00-20,50