



## ORARIO CORSI DA SETTEMBRE 2019

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
mattina	09:30 > 10:30 Crab	09:30 > 10:30 Push Power	09:30 > 10:30 Crab	09:30 > 10:15 Walking	09:30 > 10:30 Push Power	08:00 > 09:00 Crab 09:00 > 09:45 Walking
	13:00 > 14:00 Pilates 13:30 > 14:30 Functional	12:30 > 13:30 Fit for Golf 13:00 > 13:45 Walking	13:30 > 14:30 Functional	12:30 > 13:30 Fit for Golf 13:00 > 14:00 Pilates	13:00 > 13:45 Walking	11:00 > 12:15 Yoga
pomeriggio	18:30 > 19:30 Cardio Gag	16:00 > 17:00 Fitcross 17:00 > 18:00 Tone Music 17:00 > 19:00 TPI Junior 18:30 > 19:30 Pilates	18:30 > 19:30 Cardio Gag	16:00 > 17:00 Fitcross 17:00 > 19:00 Tpi Junior 17:30 > 18:30 Pilates 18:45 > 19:45 Yoga	17:00 > 18:00 Tone Music	
	19:00 > 20:00 Power 20:00 > 21:15 Yoga	19:00 > 20:00 Fit for Golf 20:00 > 21:00 Pilates	19:00 > 20:00 Power	19:00 > 20:00 Fit for Golf 20:00 > 21:15 Yoga		
sera						