



MONTECCHIA
PERFORMANCE
CENTER

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.00-9.50 PUSH POWER Sala Verde		9.00-9.50 CRAB MIX Sala Verde		9.00-9.50 PUSH POWER Sala Verde	8.00-8.50 CRAB MIX Sala Verde
			12.30-13.30 PILATES Sala Yoga		
13.00-13.50 FUNCTIONAL Sala Verde	13.00-13.50 FIT FOR GOLF Sala verde	13.00-13.50 FUNCTIONAL Sala Verde	13.00-13.50 FIT FOR GOLF Sala verde	13.00-13.50 FIT MIX Sala Verde	
18.00-18.50 TONE MUSIC Sala Verde	18.00-19.00 PILATES Sala Piscina		18.00-18.50 TONE MUSIC Sala Verde		
19.00-19.50 POWER Sala Verde	19.00-19.50 FIT MIX Sala Verde	19.00-19.50 POWER Sala Verde	18.00-19.15 YOGA Sala Yoga	19.00-19.50 FIT MIX Sala Verde	
19.30-20.45 YOGA Sala Piscina			20.00-21.15 YOGA Sala Piscina		