



**MONTECCHIA  
PERFORMANCE  
CENTER**

**CORSI ALL'ESTERNO**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
					9.00-9.50 FIT MIX
13.00-13.50 FUNCTIONAL	13.00-13.50 FIT FOR GOLF	13.00-13.50 FUNCTIONAL	13.00-13.50 FIT FOR GOLF	13.00-13.50 FUNCTIONAL	
18.00-18.50 TONE MUSIC			18.00-18.50 TONE MUSIC		
	19.00-19.50 FIT MIX			19.00-19.50 FIT MIX	



**MONTECCHIA  
PERFORMANCE  
CENTER**

**CORSI ONLINE  
SU ZOOM**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'
	18.00-19.00 PILATES Chiara		18.00-19.00 PILATES Chiara
19.00-19.50 POWER Filippo		19.00-19.50 POWER Filippo	19.45-21 YOGA Chiara
19.30-20.45 YOGA Chiara			