

# ORARIO CORSI

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.30-10.30 FUNCTIONAL & TONE		9.30-10.30 FUNCTIONAL & TONE			
					11-12 FITCROSS
	13-14 FIT FOR GOLF		13-14 FIT FOR GOLF		
	17.30-18.30 PILATES		17.30-18.30 PILATES		
18-19 TONE		18-19 TONE			
19.15-20.15 POWER	19-20 YOGA	19.15-20.15 POWER	19-20 YOGA		