

Corsi di Gruppo OnLine su Skype



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
9:30 - 10:15 PILATES	9:30 - 10:15 MY HOME CIRCUIT	9:30 - 10:15 ZUMBA	9:30 - 10:15 MY HOME CIRCUIT	9:30 - 10:15 ZUMBA
10:15 - 11:00 MY HOME CIRCUIT	10:30 - 11:30 YOGA			
12:10 - 13:00 MY CIRCUIT OUTDOOR	12:15 - 13:00 MY HOME CIRCUIT	12:10 - 12:40 HIIT	12:15 - 13:00 MY HOME CIRCUIT	12:15 - 12:45 HIIT
			17:15 - 18:00 MY HOME CIRCUIT	15:15 - 16:00 MY HOME CIRCUIT
18:00 - 18:45 MY HOME CIRCUIT	18:00 - 18:30 HIIT	18:00 - 18:45 MY HOME CIRCUIT	18:00 - 19:00 YOGA	
	19:00 - 19:45 MY HOME CIRCUIT	19:00 - 19:45 PILATES	19:30 - 20:15 MY HOME CIRCUIT	



Prenotazione Obbligatoria allo 077 981 68 00

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