

Attività aerobiche COMPRESSE

<u>H</u>	<u>SALA</u>	<u>LUNEDÌ</u>	<u>MARTEDÌ</u>	<u>MERCOLEDÌ</u>	<u>GIOVEDÌ</u>	<u>VENERDÌ</u>
10:00	OLEANDRI		PILATES FIT		PILATES FIT	
10:30	TERMINIO		SPINNING		SPINNING	
14.15	TERMINIO	SPINNING		SPINNING		SPINNING
18.00	OLEANDRI	TOTAL BODY WORKOUT		TABATA		
18.30	OLEANDRI		ADDOME SCULPT 30 min.			ADDOME SCULPT 30 m.
19.00	OLEANDRI	PUMP	PILATES FIT	PUMP	PILATES FIT	PUMP
	TERMINIO	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
19.15	MAGNOLI A					BURLESQUE FITNESS
20:00	OLEANDRI	FIT BOXE	PUMP	FIT BOXE	PUMP	