

<u>LUNEDI</u>	<u>MARTEDI</u>	<u>MERCOLEDI</u>	<u>GIOVEDI</u>	<u>VENERDI</u>
9,30-10,30 PILATES	9,30-10,30 TOTAL BODY		9,30-10,30 PILATES	9-10 FIT DANCE 10-11 YOGA
17-18 PILATES			17-18 TOTAL BODY	
18-19 PILATES			18-19 PILATES	
19-20 PILATES			19-20 PILATES	
20-21 PILATES	19,30-20,30 FIT- DANCE	19,30-20,30 FUNZIONALE	20-21 PILATES	19,30-20,30 STRETCHING – MOBILITY