

ORARIO CORSI							
	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
Ora	SALA FEEL						
11,45							yoga
12,00						tone 30 e lode	
13,15	zumba		feel pump		pilates		
13,45		tone 30 e lode		jump			
17,40		pilates		pilates	calisthenics		
18,00			calisthenics				
18,30	all my body	cross training (base)		zumba	cardio combat		
19,20	step dance	cross training (avanzato)	tone 30 e lode	cross training (base)	feel pump		
20,10	jump	salsation®	all my body	cross training (avanzato)			
	SALA GOOD						
7,30			postural				
17,30					postural		
18,30		postural			postural		
19,20		postural					
20,10	bio postural			yoga			