



ORARIO CORSI							
	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
Ora	SALA FEEL						
12.00						yoga	
13.30	functional training		total tone		functional training		
18.20	total body workout	cross training	metabolic trainig	fit moving	cross training		
19.20	functional step		gag	macumba	pilates		
	SALA GOOD						
18,00		postural		postural			
18,50				potenziamento in equilibrio posturale			
19.00		calisthenics			calisthenics		
19.30			pilates				
20,00				yoga			