



PLANNING
CORSI FITNESS 2019
7 GENNAIO – 28 GIUGNO

<u>LUNEDI'</u>	<u>MARTEDI'</u>	<u>MERCOLEDI'</u>	<u>GIOVEDI'</u>	<u>VENERDI'</u>
9,00 – 9,45 LES MILLS BODYPUMP	9,00 – 9,30 LES MILLS CXWORX	9,00 – 9,45 LES MILLS SH'BAM	9,00 – 9,30 LES MILLS tone	9,00 – 9,45 LES MILLS BODYBALANCE
9,45 – 10,15 LES MILLS CXWORX	9,30 – 10,15 LES MILLS BODYATTACK	9,45 – 10,30 LES MILLS BODYBALANCE	9,30 – 10,15 LES MILLS BODYPUMP	9,45 – 10,30 LES MILLS tone
12,45 – 13,30 LES MILLS BODYPUMP	12,45 – 13,30 LES MILLS BODYBALANCE	12,45 – 13,15 LES MILLS CXWORX 13,15 – 13,30 	12,45 – 13,30 LES MILLS BODYATTACK	12,45 – 13,30 LES MILLS tone
18,30 – 19,00 LES MILLS CXWORX	18,30 – 19,00 LES MILLS tone	18,30 – 19,15 LES MILLS BODYPUMP	18,30 – 19,15 LES MILLS tone	18,15 – 18,45 
19,00 – 19,45 LES MILLS BODYATTACK	19,00 – 19,45 LES MILLS BODYPUMP	19,15 – 20,00 LES MILLS SH'BAM	19,15 – 20,00 LES MILLS BODYBALANCE	18,45 – 19,15 LES MILLS CXWORX
19,45 – 20,30 LES MILLS tone	19,45 – 20,30 LES MILLS BODYBALANCE	20,00 – 20,30 LES MILLS BODYATTACK	20,00 – 20,45 LES MILLS SH'BAM	19,15 – 20,00 LES MILLS BODYPUMP

PLANNING PILATES
7 GENNAIO – 28 GIUGNO

<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>
	9,00 – 9,45 	19,30 – 20,15 	9,00 – 9,45 	