


ORARI STAGIONE SPORTIVA 2011-2012

|  | Lunedì | | | Martedì | | Mercoledì | | Giovedì | | Venerdì | |
|--|-----------------------------------|------------------------------------|-------------------------|----------------------------|------------------|------------------------------|-------------------------|-------------------------------|--|------------------------------------|--------------------------|
| Mattino | | | | | | Dolce* 9,00-10,00 | | | | Dolce* 9,00-10,00 | |
| | | | | | | Pilates 10,00-11,00 | | | | Pilates 10,00-11,00 | |
| Pranzo | Tonif 13,30-14,30 | | | | | Yoga 13,00-14,00 | | Tonif 13,30-14,30 | | Yoga 13,00-14,00 | |
| Pome | TotalBody 15,00-16,00 | | | GinArt* 17,00-18,00 | | TotalBody 15-16 | | GinArt* 17,00-18,00 | | Dif.pers. piccoli* 17,00-18,00 | |
| | Dif.pers. piccoli* 17,00-18,00 | | | | | Circo* 16,45-18,15 | | | | | |
| Sera | Addom. 18,30 19,00 | Dif. Ragazzi* 18,00 19,00 | Spin 18,15 19,00 | Pilates Fit 18,15-19,00 | | Zumba 18,30- 19,30 | Spinning 18,15-19,00 | Step 18,15-19,00 | | Dif. Ragazzi* 18,00 19,00 | Tonif. 18,15 19,15 |
| | FitBoxe 19,15 20,00 | | Walk* 19,15 20,00 | Tonif. 19,00-20,00 | | Zumba 19,30- 20,30 | Walk* 19,15 20,00 | Pilates Fit 19,00 20,00 | | FitBoxe 19.15-20,00 | |
| | Dif Pers 20,00 21,00 | | | Yoga 20,00 21,00 | Latini* 21-23 | Danza Ventre* 20,30-22,00 | | Yoga 20,00 21,00 | | Dif.Pers 20,00-21,00 | |