

Orario dei corsi 2022-2023

LU

19:45-20:45
Fitness & TRX

MA

12:15-13:15
**Fitness & Full
Body Toning**

20:00-21:15
**Danza Classica
Adulti**

ME

20:00-21:00
Fitness & TRX

GIO

09:15-10:15
Pilates

12:15-13:15
**Fitness &
Full Body Toning**

13:20-14:20
**Fitness &
Full Body Toning**

20:00-21:00
Pilates & Stretch

VE

12:30-13:30
Pilates