PLANET FITNESS

ORARIO SETTIMANALE CORSI

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
MATTINA	8:30 - 9:20 **POSTURAL** CHRISTIAN		8:30 - 9:20 **POSTURAL** CHRISTIAN		8:30 - 9:20 **PILATES** CHRISTIAN		
POMERIGGIO	13:00 - 13:50 **CIRCUITO FUNCTIONAL** CHRISTIAN			13:00 - 13:50 **PILATES** CHRISTIAN			
CORSI SERALI	17:20 - 18:10 **PILATES** ZSOFY	17:20 - 18:10 **ZUMBA** SERENA		17:20 - 18:10 **G.A.G. TRAINING** ZSOFY	17:20 - 18:10 **RITMO FIT DANCE** SERENA		
	18:10 - 19:00 **TABATA** ZSOFY	18:10 - 19:00 **PILATES** ZSOFY	18:10 - 19:00 **TOTAL BODY** DIEGO	18:10 - 19:00 **PILATES** ZSOFY	18:10 - 19:00 **CIRCUITO FUNCTIONAL** DIEGO		
	19:10 - 20:00 **CIRCUITO FUNCTIONAL** ZSOFY	19:10 - 20:00 **TOTAL BODY** ZSOFY	19:10 - 20:00 **TABATA** DIEGO	19:10 - 20:00 **TOTAL BODY** ZSOFY			