

PROGRAMMA CORSI

LUNEDÌ

13:30 - 14:20

Pilates

👤 Ambra

17:20 - 18:05

Cross Training

👤 Fabiola

18:15 - 19:00

Cross Training

👤 Fabiola

19:10 - 20:00

Yoga

👤 Fabiola

MARTEDÌ

9:00 - 9:45

Functional Training

👤 Noemi

18:30 - 19:15

Cross Training

👤 Ambra

19:20 - 20:10

Postural

👤 Cristina

20:15 - 21:05

Pilates

👤 Ambra

MERCOLEDÌ

13:30 - 14:20

Pilates

👤 Ambra

17:30 - 18:20

Pilates

👤 Fabiola

18:30 - 19:20

Yoga Postural

👤 Fabiola

19:30 - 20:15

Cross Training

👤 Fabiola

GIOVEDÌ

13:30 - 14:20

Postural

👤 Cristina

18:00 - 18:45

Cross Training

👤 Ambra

19:00 - 19:50

Pilates

👤 Ambra

VENERDÌ

9:00 - 9:45

Functional Training

👤 Noemi

17:30 - 18:20

Postural

👤 Cristina