

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

TOTAL BODY

Chiara
10:00 | 10:45

GAG

Davide
10:00 | 10:45

KARDIO KOMBACT

Federico
10:00 | 10:45

TOTAL BODY

Davide
10:00 | 10:45

GAG

Elisa
10:00 | 10:45

YOGA

Rada solo YouTube
10:30 | 11:30

MOBILITY

Chiara
11:00 | 11:45

G.M. PILATES

Serena
11:00 | 11:45

VERTEBRAL STRETCH

Stefano
11:00 | 11:45

G.M. PILATES

Memi
11:00 | 11:45

MYA BALANCE

Elisa
11:00 | 11:45

KARDIO KOMBACT

Federico
15:00 | 15:45

FUNCTIONAL

Martina P.
15:00 | 15:45

GAG

Davide C.
15:00 | 15:45

DYNAMIC FLEXY

Marina P.
15:00 | 15:45

MILITARY

Davide C.
15:00 | 15:45

MATTINO

POMERIGGIO