

Palinsesto MYA

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
09.15-10.00	LES MILLES CORE JOAO	PHA WORKOUT ANDREA	CARDIO KOMBAT FEDERICO	TABATA WORKOUT DAVIDE M.	LES MILLES CORE JOAO
10.30-11.15	YOGA 10.30-11.30 CARLOTTA	VERTEBRAL STRETCH MEMI / SERENA	DYNAMIC FLEXY FEDERICO	PILATES MEMI / SERENA	PHA WORKOUT ELISA
11.30-12.15	-	-	-	-	BOOTYBARRE MARTINA
18.30-19.15	MOBILITY CHIARA	LES MILLES CORE JOAO	CROSS TRAINING DAVIDE C.	PHA WORKOUT MARTINA	-
19.30-20.15	HIIT CHIARA	FUNCTIONAL CHIARA	LES MILLES CORE JOAO	CROSS TRAINING DAVIDE C.	-