

Planning Corsi - BESANA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
YOGA 09:00 - 10:00		MIOFASZIALE 09:15 - 9:45		MIOFASZIALE 09:15 - 09:45	YOGA 09:00 - 10:00
		PILATES 09:45 - 10:45		PILATES 09:45 - 10:45	CARDIO PUMP 10:00 - 10:45
		CARDIO TONE 10:45 - 11:30		CARDIO TONE 10:45 - 11:30	CRUNCH & STRETCHING 10:45 - 11:30
		ABS 11:30 - 11:45		ABS 11:30 - 11:45	
PILATES LIGHT 17:45 - 18:30	ZUMBA 17:45 - 18:30	PILATES 17:45 - 18:30		PILATES LIGHT 17:45 - 18:30	
CARDIO TONIC 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	GAG 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	TOTAL BODY 18:30 - 19:15	
PILATES 19:15 - 20:00	YOGA 19:30 - 20:30	PILATES LIGHT 19:15 - 20:00		PILATES 19:15 - 20:00	