

Planning Corsi - VAREDO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
		PILATES 09:30 - 10:30		
	STRETCHING 10:45 - 11:30	POSTURALE 10:30 - 11:30		PILATES 10:45 - 11:30
POWER CIRCUIT 12:45 - 13:45	ABS & ARMS 12:45 - 13:45	AMRAP GAG 12:45 - 13:45		POWER CIRCUIT 12:45 - 13:45
TABATA 17:30 - 18:15		TONIFICAZIONE 17:30 - 18:30		
CROSS TRAINING 18:15 - 19:00	CROSS GLUTEO WORKOUT 18:15 - 19:15	CARDIO DANCE 18:30 - 19:30	CROSS TRAINING 18:15 - 19:15	CIRCUIT GAG 18:00 - 19:00
ZUMBA 19:00 - 20:00	DANCE'S VIBE 19:15 - 20:15		ZUMBA 19:15 - 20:15	GYM TONIC 19:00 - 20:00
GAG 20:00 - 20:45	HEELS 20:15 - 21:15		TOTAL BODY 20:15 - 21:15	