

PLANNING CORSI BESANA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
YOGA 09:30 - 10:30		MIOFASCIALE 9:15 - 9:45		MIOFASCIALE 9:15 - 9:45	YOGA 9:00 - 10:00
		PILATES 9:45 - 10:45		PILATES 9:45 - 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 17:45 - 18:30	ZUMBA 17:45 - 18:30	GAG 17:45 - 18:30		PILATES 17:45 - 18:30	
CARDIO TONIC 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	STEP 18:30 - 19:15	CIRCUIT TRAINING 18:30 - 19:30	TOTAL BODY WORKOUT UP 18:30 - 19:15	
PILATES 19:15 - 20:00	YOGA 19:30 - 20:30	TOTAL BODY WORKOUT DOWN 19:15 - 20:00		PILATES 19:15 - 20:00	