

# Planning Corsi MISSORI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10:00-11:00 PILATES  TATIANA	10:00-11:00 YOGA  SIMONA		10:00-11:00 YOGA  SIMONA	10:00-11:00 PILATES  TATIANA	11:00-12.00 G.A.G.  RYM
13:00-14:00 TRX  GIORGIO	13:00-14:00 POWER JUMP  CECILIA		13:00-14:00 POWER JUMP  CECILIA	13:00-14:00 TRX  GIORGIO	
	13:00-14:00 SPINNING  CARLO		13:40-14:00 SPINNING  CARLO		
	18:00-19:00 TONIFICAZIONE  ANDREA	18:00-19:00 PILOXING  SIMONA			
19:00 – 20:00 TOTAL BODY  SARA	19:00-20:00 YOGA  SIMONA	19:00-20:00 PILOXING  SIMONA	18:30-19:30 YOGA  SIMONA	18.30-19.30 TRX  RYM	
20:00 – 21:00 G.A.G  SARA				19:30-20:30 CARDIO FIT  RYM	