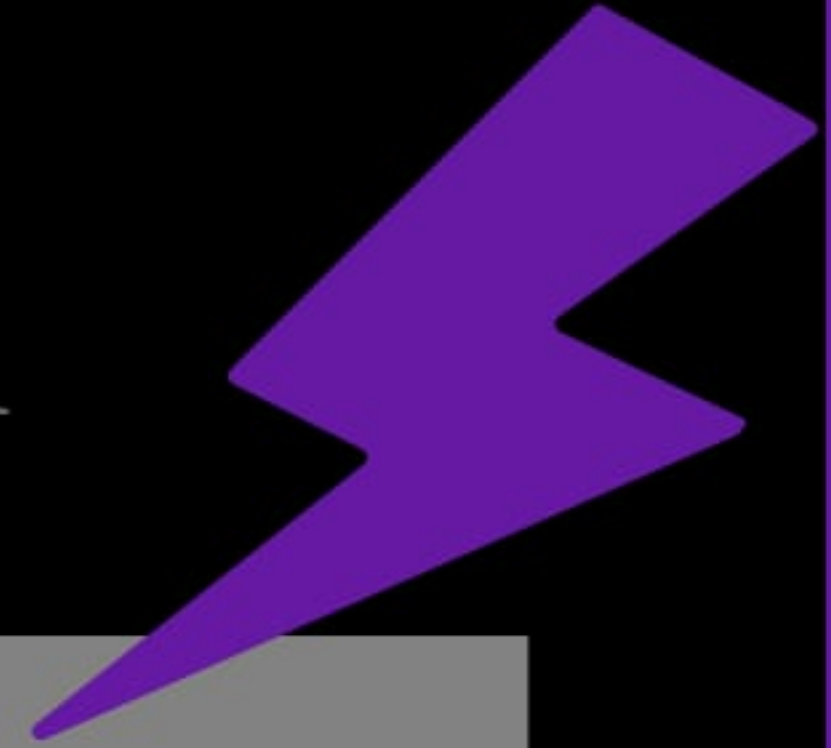




# I nostri corsi



## LUNEDÌ

18:30 TOTAL BODY  
19:30 30' TABATA

## MARTEDÌ

9:30 PILATES  
12:30 40' GAG  
18:30 INDOOR CYCLING  
19:30 PILATES

## MERCOLEDÌ

12:30 PILATES  
18:30 CIRCUIT TRAINING  
19:40 40' GAG

## GIOVEDÌ

9:30 PILATES  
12:30 40' POWER BODY  
18:30 INDOOR CYCLING  
19:30 PILATES

## VENERDÌ

18:30 POWER CYCLING