

DALL' 11 OTTOBRE 2021

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
9.00-9.50 VINYASA YOGA	9.00-9.50 FUNCTIONAL	9.00-9.50 PILATES		9.00-9.50 HATHA YOGA
	10.00-11.00 POSTURALE	10.00-11.00 POSTURALE	10.00-10.45 STRETCHING	10.00-11.00 CIRCUIT
13.00-13.50 CIRCUIT	13.00-13:50 PILATES	13.15-13.45 CIRCUIT	13.00-14.00 YOGA	13.00 - 13.50 FUNCTIONAL
			18.00-18.50 - OUTDOOR TOTAL BODY	18.00-18.50 SPINE YOGA
18.15-19.10 CIRCUIT	18.30-19.20 POWER YOGA		19.00-20.00 PUSH POWER	19.00-20.00 STRETCHING
19.15- 20.05 - OUTDOOR FUNCTIONAL	19.30-20.30 STRETCHING		19.30-20.30 -sala spinning SPINNING	
20.15-21.05 TOTAL BODY	19.30 - 20.30 -sala spinning SPINNING			