CORSI FITNESS PALESTRA OASI UISP

Dal 25 settembre 2021 al 28 maggio 2022

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	
07.30-08.20		YOGA			YOGA		07.30-08.20
08.30-09.30	GINNASTICA TERZA ETA’		GINNASTICA TERZA ETA’		GINNASTICA TERZA ETA’		08.30-09.30
09:30-10:20		AFA			AFA	PILATES	09:30-10:20
10.20-11:10		POSTURAL TONE	DOLCE ATTESA + POST PARTO		POSTURAL TONE	BODY TRAINING	10.20-11:10
11:10-12:00	DOLCE ATTESA E POST PARTO			11.30 PILATES IN GRAVIDANZA			11:10-12:00
13.10-14.00	13.00 BODY TRAINING	PILATES		PILATES			13.10-14.00
14.00-14.50		YOGA	14.30 YOGA	YOGA			14.00-14.50
17.40-18.30							
18:30-19:20	18.50-19.40 PILATES + FOAM	POSTURAL TONE	18.50-19.40 PILATES + FOAM	POSTURAL TONE			18:30-19:20
19:25-20:15	19.40-20.30 BODY TRAINING	PILATES	19.40-20.30 BODY TRAINING	PILATES			19:25-20:15
20:20-21:10							20:20-21:10