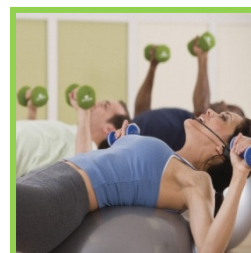




FITNESS

Palestra Borgonuovo lun. – mer. 21.00/22.00

Palestra Vergaio mar. – gio. 20.00-21.00



TONIFICAZIONE/ TOTAL-BODY

Palestra Casella lun-mer. 20.15-21.15



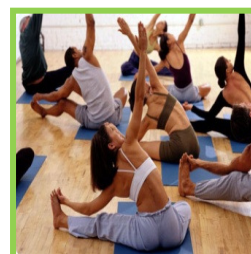
GINNASTICA ANTALGICA

Palestra la Macine martedì 9:00-10:30

Palestra la Macine giovedì 10:30-12.00

OSTEOPOROSI

Palestra la Macine giovedì 9:00-10:30



PILATES

Palestra Tavola lun. - mer. 20.15-21.15

Palestra Tavola lun. - mer. 21.15-22.15



YOGA

Palestra Pacchiani lun. - mer. 20.00-21.30

Palestra Vergaio mer. - ven. 20.00-21.00