



# PLANNING 2018-2019

**FINO 31/07**



LUNEDI, MERCOLEDI 7.30-21.30/MARTEDI E GIOVEDI 8.30-21.30/venerdi 7,30-21/SABATO 9.00-13/DOMENICA **CHIUSO**

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
SALA white	SALA black	SALA white	SALA black	SALA white	SALA black	SALA white	SALA black	SALA white	SALA black	SALA white	SALA black
		10.30 WALKING				10.30 WALKING					
	10.30 TOTAL BODY								10.30 STRONG		
13.30 WALKING	13.30 ALL.FUNZIONA LE	13.30 PILATES				13.30 PILATES	13.30 ALL.FUNZIONA LE	13.30 WALKING			
18.30 WALKING				18.30 WALKING					18.30 Cross training		
19.30 STRONG	19.30 LIFE PUMP		19.00 Cross training		19.30 LIFE PUMP		19.00 BRUCIAGRASSI FITNESS		19.30 TOTAL CIRCUIT		
20.30 KRAV MAGA	20.30 GROUP CYCLING	20.00 PILATES	20.00 BRUCIAGRASSI FITNESS			20.00 PILATES					

