



GYM TONIC CLASSES

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
09:30	PILATES	ZUMBA	MOBILITY		ZUMBA
10:15		STRETCHING	BODY TONE		STRETCHING
12:15	SPINNING	CIRCUIT TRAINING	PILATES	SPINNING	CIRCUIT TRAINING
13:00		RUNNING CLUB			
17:30		YOGA			
18:15	TOTAL BODY	SPINNING	TOTALE BODY		

ISCRIVITI IN RECEPTION O SCRIVICI SU WHATSAPP 0079642328