

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
9.10 - 10.00	PILATES	BODY ARMONY	BACK SCHOOL		POSTURALE		
9.30 - 10.20				HATA YOGA			
10.10 - 11.00		TAJICHIQUAN	TONE UP			HATA YOGA	
12.10 - 13.00						PRIMITIVE	
13.00 - 13.50	TOTAL BODY	PUMP	ASHTANGA YOGA	PILATES	CORE STABILITY	TOTAL BODY	
17.10 - 18.00		TONE UP	TOTAL BODY		HATA YOGA		
17.30 - 18.20	PILATES			CORE STABILITY			
18.10 - 19.00		BODY ARMONY	STEP COREO		CARDIO PUMP		
18.30 - 19.20	MOVIDA			MOVIDA			
19.10 - 20.00		PUMP	FIT BOXE		STEP COREO		
19.30 - 20.20	TOTAL BODY			PILATES			
20.10 - 21.00			HATA YOGA				