

LEGNO

FUOCO

METALLO

Outdoor

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.30-11.20	HATHA YOGA Sonia P.			TAI CHI Alessandro D.	MINDFULNESS Clarissa B.		
11.00-11.50						HATHA YOGA Greta C.	
12.45-13.30	FTX Federico G.		FTX Francesco C..	PILATES Paolo B.			
13.00-13.50		PEDALS Nerio G.			FTX Federico G.		
13.00-14.20						PEDALS Nerio G.	
13.30 – 14.15	PUMP Davide C.		PEDALS Fabio B.	PEDALS Paolo B.			
16.30-17.20	PILATES Luca A.	HATHA YOGA Patrizia P.	TOTAL BODY Stefano C.				
17.30 – 18.20	PEDALS Paolo B.	PEDALS Nerio G.	STEP Noemi F.	PUMP Davide C.	CORE STABILITY Francesco C.		
18-30 – 19.20	CARDIO PUMP Luciano R.	CORE STABILITY Davide C.	PEDALS Stefy A..	PEDALS Marco L.	PEDALS Giorgio V.		