



Corsi Settimanali palestra 2016-2017

cel: 391,4313089 tel: 06,66151916

	lunedì	martedì	mercoledì	giovedì	venerdì	Sabato
09:00						
10:00	Gym music Valentina		Gym music Valentina		Gym music Valentina	
11:00		Posturale Ombretta		Posturale Ombretta		
12:00						
13:00						
14:00	Gym enjoy Valentina		Gym enjoy Valentina			
15:00						
16:00						
17:00	Karate		Karate			
18:00	Pilates Giulia		Pilates Giulia	Pilates Giulia		
19:00	Kick Boxing Gianni	Gym Training Giulia	Kick Boxing Gianni	Gym Training Giulia	Kick Boxing Gianni	
20:00						
21:00		Danze Country		Danze Country		