

LUNEDÌ

16:00 VERTEBRALSTRETCH

MARTEDÌ

9:00 MOBILITY

17:45 BODY&MIND

18:30 CIRCUIT TRAINING

MERCOLEDÌ

15:45 POSTURALTONO

17:30 HARD CORE

GIOVEDÌ

14:30 FLEXABILITY

VENERDÌ

8:30 YOGA

17:00 PILATES

17:45 CHAIR